





## PICTURE THIS



The Mariner caught up with Boyd Livingston on Tuesday just before the snow started to fly. If you see Boyd around town, be sure to tell him you spotted him in Picture This and how much we all appreciate the hard work of the DPW in keeping our streets plowed and sanded! PHOTO/MARY FORD

## Boyd Livingston

**Name:** Boyd Livingston.

**Occupation:** Public Works Working Foreman.

**Best day of your life:** The day my daughter was born.

**Best vacation:** White Water Rafting on the Dead River in Maine.

**Favorite season:** Summer.

**Favorite holiday:** Christmas.

**Best book (or magazine):** "Heroes," by Oliver North.

**Best movie (or actor):** Denzel Washington.

**Best TV show:** "24."

**Best music, group, or artist:** Pearl Jam.

**Pet peeve:** There's a bunch of them.

**Fun fact about yourself:** I like camping.

**Goal:** To make it to 100 years old.

**Person you'd most like to meet:** Bill Clinton.

**Biggest worry:** No worries.

**Best part of Cohasset:** The beach.

ONLY ONLINE

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## OUR PHOTOS

Check out our photos in color of the annual MLK Day breakfast.

## HEALTH CARES

Joan F. Wright of the Norwell NVNA and Hospice writes about health care in her community blog.

## POLICE FIRE SCANNER

Log on to hear the latest police and fire news from Hingham and surrounding towns.



## FACEBOOK

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## GOT NEWS?

Submit your news, photos, announcements or sports information online.

## TOP 5 STORIES ONLINE

- COMMENTARY: Why the Town Manager Act took so long.
- Digging into the FY15 budget.
- Greek food and family: Olympus Grille.
- VIEW FROM THE FRONT PORCH: My favorite teacher and my daughter.
- COLLEGE CONNECTION: Wait, there's more.

## BRIEFLY

## Shoveling out hydrants

Residents are being asked to assist the Cohasset Fire Department this week by shoveling out their neighborhood hydrant. The clearing of snow from hydrants will greatly assist the fire department in finding and using the hydrants in the event of a fire.

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## DON'T MISS THIS

## Flu vaccine still available

Flu activity is increasing nationally and is high in some states. Additional increases are expected in the coming weeks. If you have not gotten your flu vaccination yet this season, you should get one now. A flu

vaccine is the first and best way to protect yourself and the people around you from influenza and its potentially serious complications.

Cohasset Public Health Nurse, Mary Goodwin, still has vaccine available. Her

office hours are Monday, Wednesday and Thursday from 8:30 to 11 a.m. located in the Town Hall. No appointment necessary. Bring your health insurance cards. For more information call 781-383-2210 ext. 130.

South Shore Tide Chart									
COHASSET HARBOR (WHITE HEAD)									
JAN. 2014	HIGH				LOW				
	AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.	
Thursday 23	3:44	8.7	4:07	8.2	9:55	0.7	10:14	0.6	SUNRISE 7:04 SUNSET 4:45
Friday 24	4:33	8.8	5:03	8.0	10:49	0.7	11:07	0.7	7:03 4:47
Saturday 25	5:27	9.0	6:02	8.0	11:48	0.5			7:02 4:48
Sunday 26	6:25	9.3	7:03	8.2	12:05	0.6	12:48	0.1	7:02 4:49
Monday 27	7:24	9.7	8:05	8.5	1:04	0.4	1:48	-0.3	7:01 4:50
Tuesday 28	8:23	10.1	9:04	9.0	2:03	0.0	2:46	-0.9	7:00 4:52
Wednesday 29	9:21	10.6	10:00	9.5	3:01	-0.4	3:41	-1.4	6:59 4:53
Thursday 30	10:17	11.0	10:54	9.9	3:56	-0.9	4:34	-1.8	6:58 4:54

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

Why Some People Think

**Duke Ellington**

Is a Member of the Royal Family.

KIDS DON'T GET ENOUGH ART THESE DAYS. So you can see why some of them might accidentally confuse a jazz legend named Duke with royalty named duke. But it's finally time to set the record straight.

Edward Kennedy "Duke" Ellington didn't rule over a small English estate. Instead he reigned supreme over jazz institutions like The Cotton Club. He riffed powerfully on the piano, but it was the full orchestra that he considered his most compelling instrument. He introduced improvisation to his compositions — a process unheard of using a 15-piece orchestra. The result was a different approach to jazz that sparked a revolution and an evolution. His music spread across the world with songs like "Sophisticated Lady," "In a

Sentimental Mood," and "Take the 'A' Train." His historical concert in 1953 at the Newport Jazz Festival has entered the lexicon of legendary live performances. There is no doubt about it, Ellington's brand of jazz has contributed significantly to the American songbook and to the lives of anyone who has ever tapped their foot to a beat.

Jazz is art, you dig? Art can really transform lives. In fact, the more art kids get, the smarter they become in subjects like math and science. And the more likely they'll become well-rounded, cool members of society. For Ten Simple Ways to get more art in kids' lives, visit [AmericansForTheArts.org](http://AmericansForTheArts.org).

A piano player. A composer. An orchestra leader. Duke Ellington reigned over a band called jazz.

Once your kids have a chance to succeed, life these days is art.

AMERICAN FOR THE ARTS



## FIRE DEPARTMENT

## Fireplace ashes caused garage fire

On Tuesday, Jan. 14, at 22:30 hours the residents at 133 Beach St., arrived home to find their detached one-story three-car garage on fire and called 911.

Engine 2 (Captain Bilodeau & Lt. Durette), Engine 1 (FF/Medic Hernan), and Ambulance 1 (FF/Medic Dacey) and were dispatched to the scene from fire headquarters. The dispatch center paged out a recall for off duty members for a reported building fire. Lt. Protulis responded off duty and manned Ladder 1, which was also dispatched to the scene. While units were responding to the scene the residents attempted to extinguish the fire with three extinguishers from their home. Heavy fire was visible from the side of garage when unit arrived on scene and Captain Bilodeau established command of the scene. Members then initiated an aggressive attack on the fire with a 1 3/4-inch hose line on the side of the garage. The fire had extended into the basement of the garage and a second 1 3/4-inch hose line was stretched to extinguish the fire the basement. The fire was knocked down with in 10 minutes.

**Heavy fire was visible from the side of garage when unit arrived on scene and Captain Bilodeau established command of the scene.**

Members were then engaged in extensive overhaul operations and checking for further extension of the fire. Off duty members Captain Trask & FF/Medic O'Neill manned Squad 1, which also responded to the scene and assisted members with the overhaul operations. Call Firefighter Maguire also assisted members on scene with overhaul operations. A representative from the state fire marshal's office arrived on scene and assisted members of the Cohasset Fire Department and Cohasset Police Department in determining the cause of the fire. The cause of the fire was determined to be careless disposal of fireplace coals and ashes in a plastic trash barrel in the garage.

Scituate Engine 3 covered Cohasset Fire Headquarters while units were tied up at the scene.

## BRIEFLY

## Open air burning season underway

The 2014 Open Air Burning Season closed on Thursday May 1. Residents must obtain a permit to burn during the season, and register their permit number each day they wish to burn when burning is being allowed.

This year the Cohasset Fire Department will be using a web based system for residences to obtain and register their burning permit for the season. Residences can obtain their burning permit at the Town of Cohasset web site: cohassetmass.org. Once they are on the web site they can click on the burn permit link: mktix.com/toco/burn-

permit fill out the registration form and submit the \$10 fee for the permit via credit card. Once their payment has been received the system will generate a permit number for the residences to use for the entire 2014 Open Air Burning Season. Residences with validate permit numbers wishing to burn during the season will need to check the Town of Cohasset web site [www.cohassetmass.org](http://www.cohassetmass.org) and click on the status link: [mktix.com/toco/status](http://mktix.com/toco/status). This link will inform residences if burning is being allowed for the day and will allow residences to register their permit number for the day.

Please recycle this newspaper

## POLICE BEAT

## Investigation launched involving contractor

By Mary Ford  
mford@wickedlocal.com

## Contractor

Police are investigating the theft of \$180,000 that included materials and payment for work that was never done on a \$250,000 construction project at a Cohasset home.

The homeowner reported that she and her husband had hired a 47-year-old contractor from Plymouth to renovate their home and signed a contract with him. The contractor appears to have absconded with the down payment as well as materials. Cohasset detectives are working on the investigation.

## Arrest

A 24-year-old Holbrook man was charged with operating under the influence of drugs following a single-car accident on Hull Street around 10:08 p.m. on Friday (Jan. 17). The 2008 Nissan Altima he was driving crashed into the front yard at 167 Hull St., police said. Witnesses said the driver initially fled on foot but returned by the time police arrived. A Hingham officer, who is a drug recognition expert, helped in the determination that Robert Salmons of 204 S. Franklin St., Holbrook was impaired by drugs. Salmons was arrested and charged with OUI drugs (second offense); operating to endanger; marked lanes violation; and operating with a suspended license (second offense). Witnesses put Salmons behind the wheel so police did not need to see operation to charge Salmons with OUI.

## Babysitter

Police responded to a concerned call from a babysitter around 10:09 p.m. on Tuesday (Jan. 14); she found the front door to the home open when she returned and got nervous. An officer went to the home for a walk-thru and found nothing disturbed. There were no signs of a break-in and no property was missing, police said.

## Dumpster

A dumpster being used by a contractor for construction debris on Howe Road last Tuesday (Jan. 14) was creating a traffic hazard

when the company tried to swap out the dumpster and could not negotiate the maneuver due to space. The dumpster company abandoned that attempt and planned to return the following day with a different-sized dumpster, police said.

## Erratic operation

Police responded to a complaint from a cell phone caller about a 2003 Toyota pickup truck that had been operating erratically and was last seen turning into Glastonbury Abbey at 6:24 p.m. on Tuesday (Jan. 14). The caller provided the plate number and police went to the home of the 78-year-old Cohasset woman. She explained that due to the downpour she was having trouble seeing in the rain, police said.

## Single-car MVA

Police responded to a single-car accident at 8:15 a.m. on Wednesday (Jan 15) that occurred after the 2003 Jeep Wrangler slid on black ice. The Jeep, which was operated by a 70-year-old Cohasset man, was headed west when the vehicle spun off the road. There was damage to the right side of the Jeep, which was towed. The driver was not injured and was not cited, police said.

## Truck swerving

Complaints about a tractor-trailer transporting vehicles being driven erratically were unfounded, police said. The tractor-trailer was "hugging" the centerline because of low-hanging branches that the truck driver did not want to come in contact with. The complaint was logged at 12:37 p.m. on Wednesday (Jan. 15).

## Warrant

Police accompanied a constable who attempted to serve a *capias* warrant for a child support issue in Cohasset last week. Civil courts issue *capias* warrants, however they may result in arrest. They are ordered to compel someone to comply with judicial orders.

## Car blocking

Police ordered a public safety tow of a 2013 Honda CRV on Thursday (Jan. 16)

around 6 p.m. on Depot Court because the parked vehicle was blocking the traffic flow. The 62-year-old owner returned before the tow was necessary. Police said Depot Court is a narrow roadway that is one of the police and fire departments' main access to Route 3A so police must be vigilant in keeping the road open.

## Disturbance

The man who appeared to be "strung out" and was on the hood of a vehicle while singing loudly about Russian roulette in a parking lot off Summer Street was gone by the time police arrived. The call came in a 6:23 p.m. on Thursday (Jan. 16). Witnesses described him as a younger man in dark clothing a smoking a cigarette. Police checked the surrounding area but did not find the man.

## Suspended license

An officer on patrol at 9:12 a.m. on Friday (Jan. 17) conducted a random computer check through the Registry of Motor Vehicles on a 2004 Chevrolet pickup truck leaving the Stop & Shop parking lot that revealed the registered owner had a suspended license for failure to pay a citation. The officer pulled the truck over near Dunkin Donuts on King Street (Route 3A).

The 30-year-old Scituate man who owns the truck and was driving is being summoned to court on the charge of operating without being properly licensed. The truck was towed and he made arrangements for a ride home, police said.

## Fraud

A 59-year-old Cohasset man reported to police last week that there had been several attempts to fraudulently purchase items using his online PayPal account dating back to December. He had contacted PayPal security and wanted to file a police report.

## Family member

Police were notified by a neighbor who was looking after a N. Main Street home for the homeowners who are away after the neighbor discovered someone had

been inside, sleeping there. Investigation revealed the unwanted guest was a family member who was using the house without permission. The matter is still under investigation.

## Warrant

Police, a matron and a representative from the Department of Children and Families, at the request of the parents who went to court to obtain a warrant of apprehension, went to the home and arrested the teen. Police said the teen had been abusing drugs and alcohol and the family reached out to a judge for help. The teen will likely be placed in a rehabilitation facility.

## Minor MVA

An officer monitoring traffic at the lights witnessed a rear-end accident at 11:25 a.m. on Saturday (Jan. 18) at the intersection of Chief Justice Cushing Highway (3A) and Pond Street. Police said a 2012 VW Beetle, operated by a 50-year-old Marshfield woman, was headed north and had stopped at the red light when hit from behind by a 2011 Jeep Wrangler, operated by a 52-year-old Scituate woman. There were no tows and no injuries. The Scituate woman was cited for following too closely.


## Missing dad

Police helped a 29-year-old Woburn woman who came to the station on Saturday (Jan. 18) around 11:46 a.m. to report that her father, who lives in Cohasset, was missing. Police accompanied her to his house when he pulled up after having been to a swap meet in Springfield.

## Lost at Wheelwright

Police helped find two local 17-year-old boys who were reported lost in Wheelwright Park on Sunday (Jan. 19) around 5:20 p.m. by the mother of one of the teens. The mother was able to talk to her son on her cell phone but kept losing the signal. The police K-9 unit was notified. But police were able to use their sirens to guide the boys out of the woods on a cold, dark night.

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Whitney Mills, Client  
Age 42, Teacher







(Above) From front to back, Ethan Bartucca, 12, Tucker Fulton, 12, and Colin McFetridge, 12, go down the hill together while enjoying the snow on Wednesday.

(Right) Samantha Naples, 13, struggles up the snowy hill while sledding with friends at the Middle School on Wednesday.

(Below) Emma Stephens, 12, laughs while her friend Diana Sturdy, 12, holds onto her legs as they go down the hill together.

**Staff photos**  
by Robin Chan



## SNOW

Continued from 1

"You get the forecast three or four days out; people get their supplies and bunker down for the storm."

While the DPW trucks were out plowing all night, this week's snowfall proved to be less of a hassle than past storms, according to DPW administrative assistant Mary Snow.

"It's a light, fluffy snow; it's easy to plow," said Snow. As of early Wednesday afternoon, most Cohasset streets were clear. "We're almost all done; the guys are out sanding and salting the roads," she said at the time. "Hopefully they can go home and get some sleep."

This week's storm, dubbed Blizzard Janus, came after a 10-day long break from snowfall. Mariner weather observer Bob Skilling described the temperature changes over the past few weeks as a "rollercoaster ride."

Janus blanketed Cohasset with between 10 and 15 inches of snow, adding to over 20 inches so far for the month of January. According to Skilling, the monthly snowfall accumulation is the most since Jan. 2011, which saw 32 inches.

"The monthly temperature average has covered a wide, possibly record range for January going from 6 to 7 degrees colder than normal for the first 10 days to an almost unbelievable change in average of 12 degrees warmer than normal for the second 10 days from Jan. 11 through Jan. 20," Skilling reported. "This has taken the monthly average back above normal by 2 degrees only to start falling back rapidly during the last week or so of the month. Five consecutive days from Jan. 11 to 15 had daily mean tem-

peratures that were between 12 and 21 degrees warmer than normal and four of those days had maximums temperatures some 20 degrees warmer than normal between 51 and 60 degrees."

Janus was light compared to 2013's Blizzard Nemo, which dumped 20 inches in the area and left much of Cohasset without power for four days.

Nemo consisted of "heavy, wet snow with branches coming down," Dockray recalled.

Quigley said that there were some power outages on Tuesday night, affecting 72 National Grid customers in North Cohasset for around an hour.

Dockray said that while there were few storm-related incidents overnight, the fire department will be tasked with "chasing broken water pipes once the bitter cold comes in."

The assistant fire chief added that another concern after a huge snowfall is access to fire hydrants (see sidebar). Those who are able to are asked to "adopt" their neighborhood hydrants and remove the snow around them.

Cohasset schools were cancelled on Wednesday, and Town Hall was closed. While some town boards, including the Board of Selectmen and Planning Board, opted to cancel their meetings, the School Committee convened on Wednesday night.

### Adopt a hydrant!

Residents are being asked to assist the Cohasset Fire Department this week by shoveling out their neighborhood hydrant. The clearing of snow from hydrants will greatly assist the fire department in finding and using the hydrants in the event of a fire.



Katie Huey, 7, carries her oversized inflatable sled up the hill at the end of a long afternoon sledding at the Middle School on Wednesday.



From back of sled to front, Audrey Boyle, 11, Madie Donovan, 11, Lauren Farren, 12, Lilly Hoehn, 11, Molly Greer, 11, and Emme Hoehn, 9, go down the hill together while enjoying the snow on Wednesday.



## NEWS UPDATE

# Smith Appliance to serve as vet hospital

## Crazy Paws moving summer 2014

By Erin Dale  
edale@wickedlocal.com

Local veterinarian Fawn Stevenson bought property along Route 3A (Chief Justice Cushing Highway) in Cohasset, hoping to move her current practice from the James Brook Crossing Shops on Ripley Road.

Pending approval from the Zoning Board of Appeals (ZBA), Crazy Paws Veterinary Hospital will be housed in what used to be Smith Appliance at 234 King Street.

Stevenson's plan was tentatively approved by the Planning Board, provided that some adjustments are made to the current parking scheme. The Planners wanted to ensure that parking will not be an issue with busy Route 3A traffic, and that the majority of the traffic flow will be onto 3A and not King Street.

Stevenson said that she runs a small, private practice, and does not usually experience major traffic volumes.

"It's a small operation," the vet explained. "It won't change the flow of traffic."

Planning Board chair Stuart Ivimey said during the board's Jan. 8 site plan review of the project that he never recalled a problem with parking or traffic at Smith Appliance.

The Planners voted unanimously that night to recommend approval of the project to the ZBA, pending the parking adjustments. The site plan review was scheduled to continue to Wednesday, Jan. 22; however, the meeting was canceled due to this week's blizzard. The hearing was moved to Wednesday, Jan. 29 at 7 p.m.

The ZBA will take a look at the project during their Monday, Feb. 3 meeting, considering whether to approve two special permits for the project.

Special permits are required due to a town bylaw concerning veterinary practices. Prior to a spring 2013 Annual Town Meeting (ATM) vote, a place like Crazy Paws could not be built in Cohasset. The zoning bylaw required a 200-foot setback from the nearest residence for any agricultural business, including farms, stables, kennels and animal hospitals.

The December 2012 Special Town Meeting opposed an amendment to this bylaw, while the 2013 ATM voted to differentiate between "the full-scale animal hospital and a vet clinic for household pets," according to Building Inspector Bob Egan.

Now, the required setback for practices like Stevenson's is 50 feet from abutting residences. Prior to the bylaw change, Stevenson tried to move her practice to a residence at 240 King St., next door to Smith Appliance. She said that she still owns the property but is "not sure" what she is going to do with it.

The bylaw amendment requires projects like this to be taken on a case-by-case basis, so the ZBA could vote to issue a special permit for Crazy Paws. A second special permit is required because Stevenson plans to add a second floor to the front of Smith Appliance.

The back of the building is a residence that already has a second floor. Stevenson explained that she is trying to tie

**The ZBA will take a look at the project during their Monday, Feb. 3 meeting, considering whether to approve two special permits for the project.**

it all together.

"The back side has two floors; the front side doesn't. I'm just putting an upstairs on the Smith Appliance part on 3A so it will look better," said Stevenson, adding that this

will not increase the building's footprint.

Stevenson's plans for the old Smith Appliance building will transform it to hold doctor's offices, exam, recovery and waiting rooms, along

with a reception area in around 790 square feet of space.

The vet's vision for the space is "more of a home environment and less of a hospital." Stevenson said of Crazy Paws, "I never wanted it to feel like a hospital environment; I don't want it to smell like a hospital. I'm careful about keeping it clean [but] I want the pet owners to feel relaxed.

There is so much negative association with hospitals - they're scary and cold and the animals will be frightened. I just want everyone from beginning to end to be comfortable and enjoy their environment; the patients heal better." Stevenson hopes to be all set to open by Summer 2014.

Look for more on this issue in an upcoming edition of the Mariner.

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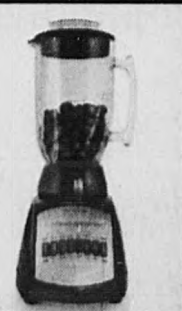


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### Homework Center open

The Homework Center at Paul Pratt Memorial Library has re-opened for the school year and will meet every Tuesday from 5:30 to 7 p.m. Students in grades 3 and up are encouraged to come to the library to complete their homework in a supervised setting. Tutoring is available from Cohasset High School National Honor Society students and light refreshments will be provided.

The Homework Center is funded by the Friends of the Cohasset Library.



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NAV-CH13062356



## AROUND TOWN

## Kovach earns top teacher honors!



JENNIFER PIEPENBRINK

## Stay warm

Hi there Cohasset...I hope that you are dealing well with the snow and, these really cold temperatures. I have said it before, I am a snow lover through and through but the cold temps are so not cool. Almost ready to say, "bring on the Spring" but not quite...stay warm and cozy.

## Top teacher

Congratulations are in order for **Peter Kovach** who was recognized as a teacher of the month at the Martin Luther King Middle School in Dorchester where he teaches middle school science. Peter graduated from UMass Boston in June 2013 with a Masters Degree in teaching and joined the faculty at MLK in September. This is awesome news to share and your family and friends are so proud!

## Connecticut

Hats off to **Abigail Faulkner**, a member of the class of 2014 at Connecticut College and a resident of Cohasset, on being named to the dean's high honors list for the 2013 fall semester.

At Connecticut College, dean's honors is a recognition for students who have earned a grade point average of at least 3.65, and dean's high honors is a recognition for students who have earned a grade point average of at least 3.77.

## Bryant

Here is some more great news! **Thomas Ryan**, a freshman in international business management from Cohasset, was named to the 2013 fall semester dean's list at Bryant University.

## UMass-Lowell

**Myles Collins-Wooley** of Cohasset was recently recognized for achieving academic distinction at UMass-Lowell. Myles, majoring in music studies, was named to the dean's list for the 2013 fall semester.

To qualify for the dean's list at UMass-Lowell, a student must have completed no fewer than 12 graded credits for the semester and earned at least a 3.25 grade point average with no grade lower than C and without any incompletes.

Great work, Myles!

## Pomfret honors

Congratulations to **Grace Keenan** of Cohasset, who was recently named to the high honor roll for the fall term at Pomfret School. A student earns honors with a 3.0 average and no grade below a B-. Grace, a member of the class of 2015, earned the distinction of high honors with a 3.5 average and no grade below a B-.

## Holly Hill

Think spring and come to Holly Hill Farm on Saturday, Feb. 8, from 10 a.m. to noon for a fun workshop: "Seeds, Soil, and Garden Plans." Peruse seed catalogs, talk about the different types of seed sowing and interpret the many seed varieties and planting styles. This will surely help sweep away the winter blues. This late winter program is perfect for any gardener who is itching to get their fingers in the soil. Cost: \$12 for Friends of Holly Hill

Farm members; \$15 for non-members. Holly Hill Farm is located at 236 Jerusalem Road.. Space is limited so please pre-register.

Also coming is the "Full Moon Stroll at Holly Hill Farm," where all ages are welcome to come take a stroll on the paths of Holly Hill Farm by the light of the full moon on Friday Feb. 14 at 6 p.m. There is much to see and hear, as all head out on a well-lit trail to note the winter stirrings. Dress for the weather and meet at the main barn at 6 pm. Join everyone for a cup of hot cocoa after the walk. This event is free and all ages are welcome. This event is scheduled with a clear night in mind. If the sky is solid clouds we will reschedule for another clear full moonlit night. For directions and more information, visit [www.hollyhillfarm.org](http://www.hollyhillfarm.org) or call 781-383-6565.

Before you know it, February vacation will be here and Holly Hill Farm is offering an exciting vacation program for the kiddos.

"February Vacation Exploration" for children ages 5-8 years old from 9 am to noon on Tuesday, Wednesday, Thursday, Feb. 18, 19, 20. Are the kids tired of being inside? Treat your children to an action packed three mornings on the farm. Explore the woods, help the farmers with composting, interact with the farm animals and dig in the greenhouse. There are many fascinating discoveries on the farm in winter! Space is limited, please pre-register by calling 781-383-6565. Cost is \$90 for FHFF members, \$140 for non-members. So many opportunities for learning in a fun filled location right here in town.

## Free movie

The Cohasset Democratic Town Committee will be

featuring the documentary, "Inequality" for all interested patrons at the Cohasset Library on Jan. 24 at 7:30 p.m. in the meeting room. Please join in to see this informative and entertaining documentary featuring U.C. Berkeley Chancellor's Professor of Public Policy, Robert Reich. The movie is free and refreshments are served. A food donation to the Cohasset Food Pantry would be welcome.

## Half-day preschool

South Shore Community Center Nursery School, 3 North Main St., is currently accepting applications for two, three, four and five Half Day Pre-School Programs

They also offer a wide variety of quality extended day options to meet individual family needs.

Email or call to arrange a tour of the school at 781-383-0036 or email [amadenden@southshorecommunitycenter.com](mailto:amadenden@southshorecommunitycenter.com).

*That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 5 pm.*

*Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!*

*We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.*

EMAIL: [aroundtowncohasset@yahoo.com](mailto:aroundtowncohasset@yahoo.com)

## LIFE AT CHS

## Seniors fitted for caps, gowns



MATTHEW MACCORMACK

And just like that, we are halfway through the 2013-2014 school year.

Wait, what?

I know; it seems just absolutely and positively insane how fast we are ripping through the year. And, as seniors get out a few days before the rest of the school come springtime, our year is technically more than halfway done. The impending reality that is graduation became a little more concrete this week, as Thursday's Utility period saw we seniors fitted for caps and gowns. Yikes!

Nonetheless, despite the crazy passage of time (I probably sound much like an old man), there was no shortage of activities in the present. With yet another monstrous snowstorm taking a stroll through the coastal Northeast, CHSers were elated to be presented with their second snow day of the season on Wednesday. Seniors, who don't have to make up snow days at the end of the year, where easily the happiest of the bunch. With the so-called "Hump-Day" eliminated, the week was broken up nicely, which helped make an already exciting week just a little more so. In addition, the snow day pushed back the end of Term 2 until next Tuesday, giving students an extra day or two to address outstanding assignments and make-up work.

...CHSers were elated to be presented with their second snow day of the season on Wednesday. Seniors, who don't have to make up snow days at the end of the year, where easily the happiest of the bunch.

With yet another three-day weekend on the horizon, we seem to be spoiled with breaks off from school. Nonetheless, the CHS student body should be recharged and rested as we approach February and head into the second half of the year. But, before we rest, we have Semi.

Tonight should be a fantastic time, as nearly all of CHS will flock to the Town Hall clad in shirts and ties and dresses. The theme was switched mid-week to Mardi Gras, and the Semi planning committee has plenty of French Quarter-esque decorations (as well as a special photo booth) that should help make this dance one to remember.

Beyond that, I hope everyone enjoys their weekend and gets through all of these weather issues ok. I have loved writing for you all, and look forward to another half of the school year. Stay warm, and, as always, keep it classy Cohasset!

*Matthew McCormack is a senior at Cohasset High School and a regular contributor to the Cohasset Mariner.*

## MARK YOUR CALENDAR

## Community Garden Club meets Tuesday

On Tuesday, Jan. 28, at the General Meeting of the Community Garden Club of Cohasset Lynette Tsiang of Lexington will present a lecture/slide show titled "Movement and Yoga for Gardeners."

Ms. Tsiang believes there is a synergistic relationship between gardening and yoga. Gardening puts us in touch with nature, and yoga brings awareness of our movements, bodies and minds. Concurrently, certain plant behaviors and images serve as inspirations for many yoga poses. Ms.

Tsiang will demonstrate ways to avoid fatigue and injuries that come with repetitive garden movements and chores. Those who wish to participate will do chair exercises to develop body awareness and look at some curative poses to help relieve gardeners' aches and pains.

Members, join the club at the Lightkeepers' Cottage at 9 a.m. for coffee and socializing, followed by a business meeting and Lynette Tsiang's presentation. Wear comfortable clothing if you plan to participate!

## MARK YOUR CALENDAR

## 'Do the Math' to be shown Feb. 9

"Do the Math," a documentary about how the continuing use of fossil fuels eventually will make the Earth inhospitable to all that walk on it, will be shown at 3 p.m., on Sunday, Feb. 9, at Glastonbury Abbey, 16 Hull St., Hingham.

This program, which

will include a discussion period and refreshments following the film, is being presented by 350MA, South Shore, an organization dedicated to the eradication of fossil fuels and the promotion of sustainable fuels, through education, legislation and activism.

# MAKE YOUR CHOICE FOR The Cohasset Mariner

## "Citizen Of The Year Award"

I would like to nominate: \_\_\_\_\_

(please type or print neatly)

Cohasset Mariner

"Citizen Of The Year Award"

I believe he/she deserves this award because:

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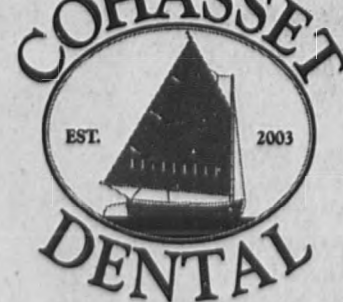
Submitted by:

Name: \_\_\_\_\_ Tel. No. \_\_\_\_\_

Address: \_\_\_\_\_

Fill out form and mail to: The Cohasset Mariner  
73 South Street, Hingham, MA 02043  
or fax it to 781-741-2931  
or email it to [mford@wickedlocal.com](mailto:mford@wickedlocal.com)  
Nomination Deadline: Friday, Feb. 14 at 5 p.m.

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## GIMME SHELTER

## You are going to fall in love with Gracie

PAULA J. FATERSIK

**H**ow and why such a sweet and beautiful little girl like Gracie found herself lost and abandoned is just heartbreaking. There are times when people can no longer keep their pets, or decide that they are unable to care for them and decisions are made that lead to innocent animals having to fend for themselves. Winter is a particularly tough time for situations like this, and Gracie was a victim of circumstances beyond her control. Thankfully, she was found in time. Others are not as fortunate, and this week's forecast is of concern to all shelters and humane groups.

Loving Gracie will come easily for the lucky person who adopts her. She has already won our hearts. This one-year-old feline is a small, quiet and peaceful girl who adores having her neck, chin and nose gently rubbed. She must have enjoyed some loving care for a while. Given she has just been spayed, she is oh so ready for lots of TLC. Being in the shelter with a lot of strange cats is a bit daunting for her so we are really

hoping that someone will fall for her quickly. Look at that face. Really, how could you not fall in love?

Gracie's tuxedo style markings are truly beautiful and her fur is dense and as soft as velvet. It is possible that she has some Russian Blue mix given her looks and personality. A white bib and white paws, along with snow-white whiskers, make her truly striking. Add those gorgeous green eyes and you have one pretty little package, worthy of a special place in a new home.

It would be great for her to be able to really relax, settle in and show you her sweet personality. Once Gracie is comfy and has time to explore, learn about her new surroundings, and find favorite places, there will be lots of time for petting and purrs. Being able to play and have some interactive time with her new owner will bring her a lot of joy. All she needs is the perfect, loving match. There is a lot to be thankful for, since Gracie has been brought in from the cold, but a safe, warm, forever home? Well, that will be the answer to her feline prayers.



Gracie's tuxedo style markings are truly beautiful and her fur is dense and as soft as velvet. COURTESY PHOTO

**She has already won our hearts. This one-year-old feline is a small, quiet and peaceful girl who adores having her neck, chin and nose gently rubbed.**

Please call Judy at 781-534-4902 for more information on pretty little Gracie. She is such a lovely girl and deserves a chance to enjoy the care and attention she so richly deserves.

\*\*New Open Hours have been added on Thursdays from 11 a.m. to 12 noon! If this fits your schedule please come in.

We are located at 50 L St. Our standard Open Hours are Monday evenings from 6:30 to 7:30 and Saturdays from 2-3 p.m. You can see more of our wonderful adult cats and kittens who are waiting for their best match and home by visiting [www.HSAR.org](http://www.HSAR.org) and clicking on Available

Pets. On Petfinder.com you will see more photos and information. Just enter our zip code, 02045.

Our thanks to everyone who took the time to join us at the Ninety-99-Nine Restaurant this week for the Dining for a Cause benefit that was sponsored for Hull Seaside Animal Rescue by Girl Scout Troop 88078. This was a fabulous gift to our shelter and we are always looking for groups who may be interested in planning a donation drive or social event to benefit the abandoned and homeless kittens and cats who live here while waiting for forever homes. Please call Casey at 781-925-3121 if you are interested in helping us.

The Patriots may have lost this week's game, but we continue to be thankful for the donated bottles and cans that are dropped off after Sunday football parties. Our volunteers work so hard collecting, sorting and redeeming them all so that we can keep up with mounting bills and they deserve endless thanks.

There are many volunteer opportunities here at Hull Seaside. If you are interested in becoming in-

involved and working with the most needy and special kittens and cats, please call Sue at 617-733-2986 for more information. It takes a lot of dedication and commitment but brings great joy and satisfaction when you know you have helped an animal in a stressful situation. Thank you to all of our volunteers for being there every day and making a difference.

We are still in need of canned food for both kittens and adult cats, as well as cozy bedding for their comfort. Thank you to all of our neighbors and community on the South Shore who have been so generous. We appreciate that you care about our residents and every donation received is used to make life better for them. It is wonderful to see all of the holiday gifts received and how they brighten the rooms here at the shelter. Please come by and visit us during Open Hours to see all the good that is being done.

Paula J Fatersik is a volunteer and feature writer for Hull Seaside Animal shelter and can be reached at [pjfatersik@gmail.com](mailto:pjfatersik@gmail.com)

## BRIEFLY

## Prom Committee members sought

The Cohasset High School Class of 2014 Prom Committee, chaired by Ellen Maher and Diane Benson, welcomes and encourages interested family members of high school students to participate in the planning and execution of pre-prom and after-prom activities for the May 30 event. Please contact Ellen Maher ([ellenmaher63@comcast.net](mailto:ellenmaher63@comcast.net)) and Diane Benson ([dnben@comcast.net](mailto:dnben@comcast.net)) to express interest in joining the Committee.

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**Laurie Tranchell**  
Memory Care Neighborhood  
Director



Learn about care options when a family member or friend is diagnosed with dementia. Tour the new Memory Care Neighborhood at Allerton House in Hingham. Be our guest for dinner with surf n' turf, winter harvest vegetables and fruit pie.

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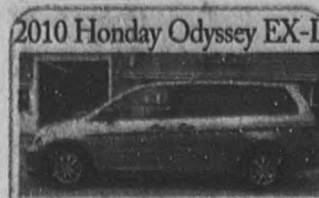
Then... *The stop for autos for generations* ...Now



Heated leather, very sporty! #250625  
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Nav, only 6,517 miles, moonroof. #121990  
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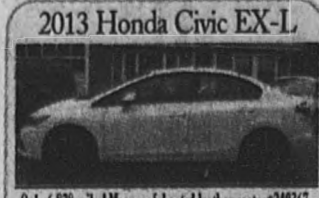
Rear captain's chair, moonroof, backup camera. #089567  
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Automatic, A/C, leather interior. #011382  
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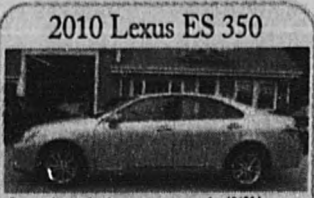
V-6, automatic, 31,286 miles. #031534  
**\$27,900**



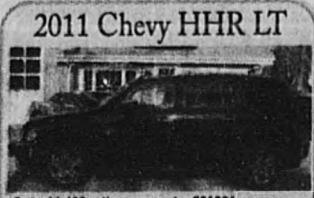
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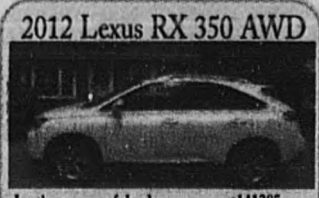
Power package, sunroof. #506433  
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Power climate leather seats, moonroof. #006314  
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FINANCING AVAILABLE



The "Throne Depot" portable bathroom sits in the middle of Cohasset Village. PHOTO/MARY FORD

WHAT'S UP WITH THIS?

## Village port-a-potty story flushed out

Spirited discussion about Throne Depot on facebook

A portable bathroom in the middle of Cohasset village has caused a bit of a stir.

The outdoor toilet with its bright orange door stands out in its location in the park next to the Tedeschi's. But the temporary restroom is just that - temporary.

According to town Building Inspector Bob Egan, the portable potty - by a company called "The Throne Depot" - is there for construction workers who are renovating the former Pilgrim Bank into a William Raveis real estate office.

Per OSHA (Occupational Safety and Health Administration) regulations from the U.S. Dept. of Labor,

sewered or portable toilets must be available on work sites, with a door and walls or partitions that are high enough to ensure privacy.

While the orange portable john in downtown Cohasset may stand out, at least it's fairly private.

The issue of having a toilet out in the public eye drew a spirited discussion on the Mariner Facebook page.

One user commented that state law does require portable bathrooms on work sites, adding that, however, "I don't understand why it couldn't be set up out back."

Another suggested, "Let's look the other way for a few

more days, shall we? It would be pretty awful in any location, but at least it isn't permanent."

Another user joked about other potential uses for the structure. "The new town manager could change in it when he is ready to face evil-doers, or Doctor Who can time travel for a fee."

Several Facebookers wondered, why all the fuss?

"Is this seriously newsworthy or is the Mariner taking journalism tips from The Onion now?"

The Building Inspector commented on the portable potty in a phone call this week.

"It's better than the alternative," Egan quipped.

For the latest news visit us online at [www.wickedlocalcohasset.com](http://www.wickedlocalcohasset.com)

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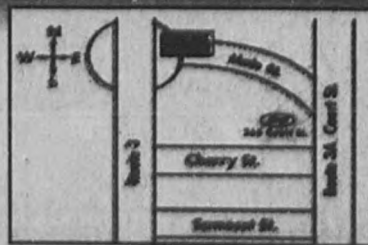
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## LIBRARY

## Fashion exhibit reception Friday

The South Shore Art Center presents Fashion Conscience: Thought, Choice, Style an art exhibit by Mary Taylor at the Paul Pratt Memorial Library, 35 Ripley Road, through Feb. 28.

Meet the artist at a reception on Friday, Jan. 24 5 to 7 p.m. Call the library for more information at 781-383-1348.

## UPDATE

## Field of Honor returns for eighth year

## What

Once again The Sons of the American Legion, Squadron 118 of Cohasset, will post hundreds of United States Flags in a poignant display honoring local veterans. The Field of Honor recognizes the veterans who have so valiantly served our country to protect and preserve our freedom.

## When

For the eighth straight year, the flags will fly from the lawn facing the Veterans Memorial which itself will be encircled by the flags of the 50 states. Residents of Cohasset and the surrounding area will experience this inspiring display of flags from May 17 to June 1 as the Stars and Stripes flutter proudly atop eight-foot poles set in ordered lines. This touching memorial is free to the public. The Healing Field dedication will be at 1 p.m. on Saturday, May 24.

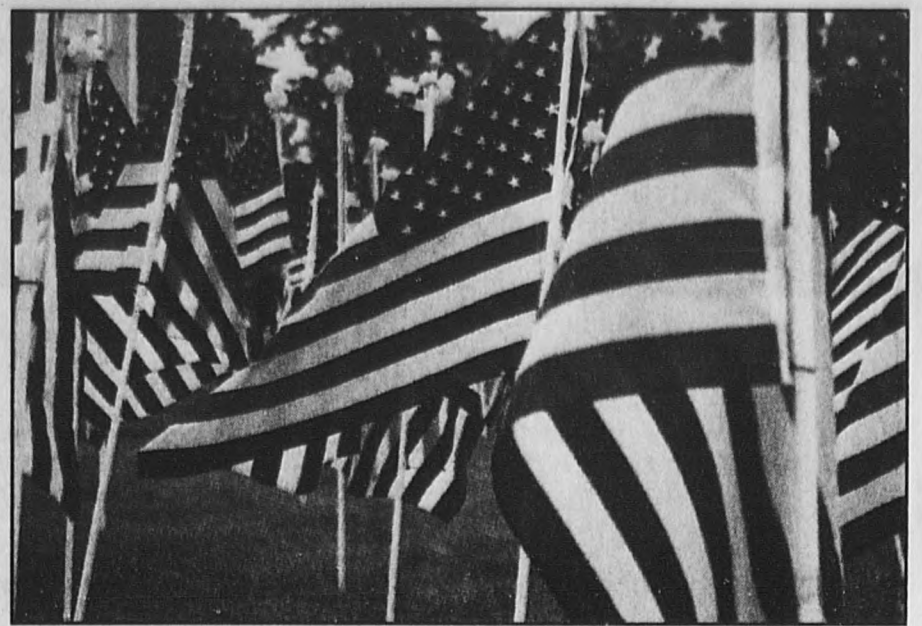
## How to take part

\$30 individual flags may be sponsored in memory of family or friends honored. Checks should be made payable to the Sons of the American Legion with a note on the memo line of the check indicating Field of Honor. Sponsored flags can be retained as mementos of this year's Field of Honor which can be then be displayed from home or business

## For more

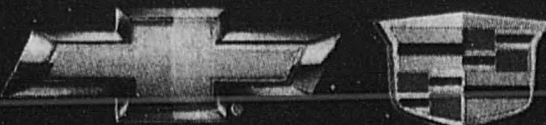
To find more information or to sponsor a flag online, visit [www.healingfield.org/cohasset14](http://www.healingfield.org/cohasset14). For details on becoming an event sponsor or to obtain applications for field flags, please contact the American Legion Post at telephone 781-383-9657 or stop by at the Post at 98 Summer St., anytime weekdays after 3 p.m., on Saturdays after 10 a.m. or on Sundays after 12 p.m.

All proceeds will go to veterans programs of the Sons of the American Legion of Cohasset.



The Field of Honor has become an annual tradition in Cohasset. The Healing Field dedication this year will be at 1 p.m. on Saturday, May 24. PHOTO/K. A. MACDONALD

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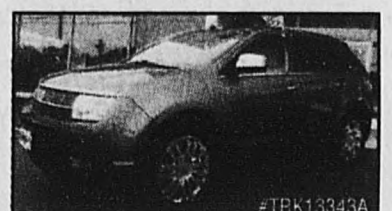
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The Work Station is located near the Greenbush commuter rail in the Old Colony Square Plaza at 132 Chief Justice Cushing Highway. STAFF PHOTO/CHRIS BERNSTEIN

## WORK STATION

Continued from 1

a community for local independent professionals," said Joy.

Work Station, which opens on Monday, Feb. 3, boasts a café lounge (with coffee from Red Eye Roasters in Hingham), private offices, lockers, quiet phone rooms and conference rooms, along with bar height work carrels along the front windows, which will be frosted to minimize outside distractions.

The layout allows workers to interact a little or a lot with one another, fostering a co-op, community feel. Those who want to meet with clients one-on-one can rent conference rooms. Some of the private offices are larger than others, with the idea that a small startup of two or three people could share an office.

Joy also noted, "We have very high-end copying and printing here and secure wifi."

There is also a backup generator in the event of power outages. Unlike working from home, "If the phone system goes out, you don't have to wait at home all day for it to get fixed," said Joy.

Work Station offers a few

**"It's an urban phenomenon. We tried to figure out how to interpret that for Cohasset."**

Joy Schiffman

different levels of membership access. There's a \$30 day pass for those who want to give it a trial run; the "five spot" part-time membership of five days per month and five hours of meeting room space for \$125; full-time, 24/7 access to the open workspace and meeting rooms for \$300 a month; flex office time for \$450 per month, with unlimited open workspace use and 40 hours of private office use; and dedicated office access, with a furnished lockable office, for \$650 to \$950 per month.

The membership at a co-working space is "like a gym," said Joy. "Not everybody uses it every day. Whether you come every day or a couple of days a month, we work with you. It's all about flexibility."

The flexible feel is echoed in Work Station's design scheme, which involves bright, energizing pops of color on the walls, and earthy wood, leather and metal furnishings.

"A big part of this is the ambiance and feel," said Rick. He and Joy hired

Kevin O'Brien of the O'Brien Design Group in Providence to design the interior.

When it came to the exterior, it was all about location. The Schiffmans found an open space in the Old Colony Square Plaza, near Playdipity and Olympus Grille, and a short walk to Wicked Good Cupcakes, Local Vines and Gourmet, and the South Shore Athletic Club.

Choosing the space near the Cohasset train station, in a busy plaza, was a natural choice for Work Station.

"This space had been open for a while," said Joy. "It's adjacent to the train, a gym and restaurant - it's unbelievable."

"It's synergistic," said Rick. "In this complex, there's a place to work, play with your kids, go to the gym, have lunch, get cupcakes and wine... You never have to go home!"

To learn more about Work Station, or sign up for office time, visit online at [workstation.co](http://workstation.co), email [info@workstation.co](mailto:info@workstation.co), call 781-383-0181.

## COMING UP

# Kids triathlon on the table

By Erin Dale  
edale@wickedlocal.com

If you've hit a slump in your get-fit New Year's resolutions, it's not too soon to start training for a summer race - whether you're a veteran athlete or a newbie.

The 8th Annual Cohasset Triathlon is five months away, slated for Sunday, June 29, 2014.

The yearly race sees nearly 1,000 athletes swimming, running and cycling their way around town. Around 200 of these individuals are Cohasset residents, and many more townspeople opt to volunteer on race day or turn out to watch.

Now, a trio of Cohasset health and athletic professionals are working alongside founder and director Bill Burnett of Streamline Events to create a second race - one just for kids.

Children are allowed to participate in the Cohasset Tri, but they must be at least 13 years old. If approved by the Board of Selectmen kids from age five to 14 could race in their very first triathlon.

"This event would provide a chance for younger kids to get involved and see what their parents do," said Burnett.

Christian Cunnie, a Cohasset High School junior who has volunteered at every triathlon since the event's inception, said of the proposed kid's tri, "It is exciting to continue to build new ways for kids to get involved in our community."

Given the success of the annual adult triathlon, which sold out in a record 90 minutes once sign-up was available in December 2013, Burnett predicts that this event could draw in younger athletes from around the region. "We think kids would come from all over."

The junior version of the race would be a much smaller course than the grown-up version, with a swim in the Cohasset Swim Center pool, a 1 to 2-mile cycling course, and running either a half-mile or 1 mile. The adult tri consists of a quarter-mile swim at Sandy Beach, a 12-mile bike course and 3.2 mile run along Jerusalem Road.

A group of Cohasset residents who are passionate about living healthy lifestyles have banded together to spearhead this effort: Cohasset Middle-High School Phys. Ed. teacher Deb Beal, high school varsity girls tennis coach Gigi Meehan, and Dr. Steve Golden, founder of Health Care South Family Practice.

Working in conjunction with Burnett, the goal of the first Kids Triathlon is to inspire children around the region to live a healthy and active lifestyle.

The proposed race day is Saturday, July 12, 2014. The event founders plan to meet with the Board of Selectmen on Tuesday, Jan. 28 to seek approval. They were originally scheduled for the Tuesday, Jan. 21 meeting, but that was canceled due to this week's blizzard.

Beal said in an email that so far, "The support behind this event has been overwhelming - from the leadership at the Swim Center to [Acting Police] Chief Quigley and [Fire] Chief Silvia - everyone has been on board. This is a perfect event to inspire kids to stay in shape."

The race day is not just for the kids, either. An adult fun run would be available to help make the day a total family event.

It's an option for adults who wanted to race in this year's tri, but were unable to land a spot. Burnett said that there are approximately 475 people on the event's waitlist.

## Also on the agenda

The selectmen convene on Tuesday, Jan. 28 at 7 p.m. in the selectmen's office at Town Hall. In addition to discussing the proposed kids triathlon, a few other races are on the agenda: the MS Cape Cod Getaway on June 28 and 29, and the McCourt Foundation Bike Ride on Oct. 4.

The board will also consider a two-day beer and wine permit for the Cohasset Dramatic Club's "Briefs" performance, scheduled for Feb. 7 and 8 in the Town Hall theatre.

Other topics include appointments to the Historical Commission and the upcoming 400th anniversary of Captain John Smith's sailing into Cohasset Harbor.

New Town Manager Chris Senior, who started working in town on Jan. 13, will also give his first town manger update.

## MARK YOUR CALENDAR

# Cohasset Dramatic Club "Briefs"

Cohasset Dramatic Club will present "Briefs," a festival of 10-minute plays, on Friday, Feb. 7 and Saturday, Feb. 8, at 7:30 p.m. at Cohasset Town Hall theatre.

CDC is excited to add this new event to its season and welcomes all to attend. Directors and actors from throughout Boston and the South Shore are featured, as well as original works from playwrights throughout the United States.

A \$15 ticket for the evening includes cabaret-style seating, sweet and sa-

vory snacks, beverages, and seven 10-minute plays with one intermission.

Tickets can be purchased at the door, or by calling 617-922-0280, or online at [www.brownpapertickets.com/event/557410](http://www.brownpapertickets.com/event/557410).

## DEMOCRATIC TOWN COMMITTEE

# Movie night to feature 'Inequality for All'

Cohasset Democratic Town Committee will show its next movie, "Inequality for All," at the Cohasset Library, 35 Ripley Road, at 7:30 p.m. on Friday, Jan. 24. Note time change from 7 to 7:30 p.m.

This documentary follows economist Robert Reich as he attempts to demonstrate the ever widening gap in the economy between the top 1 percent and the Middle Class. Reich was the Secretary of Labor under President Clinton and is presently U C Berkeley Chancellor's Professor of Public Policy. Reich has written 13 books including the best-sellers "Aftershock"

**This documentary follows economist Robert Reich as he attempts to demonstrate the ever widening gap in the economy between the top 1 percent and the Middle Class.**

and "The Work of Nations." He is also a founding editor of the American Prospect magazine.

Since the '08 financial crisis and the rise of the Occupy Movement, the issue of income inequality has gained more awareness. According to this documentary those who gained were the top 1 percent of earners who "now take in more than 20 percent of all income -

three times what they did in 1970." The 400 richest Americans now own more wealth than the bottom 150 million (Americans) combined."

Join others for this informative and entertaining documentary. The movie is free and refreshments will be served. A food donation to the Cohasset Food Pantry would be welcome.

## LIBRARY KIDS

# Lego Club meets Mondays; Legos provided

The following events will take place at Paul Pratt Memorial Library, 35 Ripley Road. For more information or to register, call 781-383-1348 or visit [www.cohassetlibrary.org](http://www.cohassetlibrary.org).

**Lego Club** - Mondays, Jan. 27, Feb. 10 and 24, 4 to 5 p.m., in the Meeting Room. Children 7 and younger must be accompanied by an adult. No registration required. Legos provided. Everyone is welcome.

**MamaSteph** - Join others on Mondays, Jan. 27, Feb. 3, 10, and 24 at 10:30 a.m., for music movement and more. Funded by the Friends of the Cohasset Library.

**Building Stories with Big Ryan - Register Now.** - Building Stories with Big Ryan will take place in the Story Room on Wednesday Feb. 5, 12, 19 and 26 at 10 a.m. This is a four week par-

ent/child interactive workshop for children ages 3-5. Big Ryan will make stories and language come alive. Register once for all four sessions! This four-week workshop is generously sponsored by The South Shore Community Action Council.

**Storytime** - Join others on Tuesdays, 10:30 a.m., in the Story Room, for big book adventures.



# The 2014 Readers Choice Awards

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### Second Prize

THREE runners-up will each receive a pair of tickets to see Boston's Favorite Baseball Team at a pre-determined regular season game.

### Third Prize

FIVE third prize winners will each receive a Gift Certificate to a local restaurant or entertainment event/venue.



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# OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com

## OUR VIEW

## 2014, what will you bring?

Reflection is a time-honored tradition in a new year. In thinking about the past, we develop a plan for the future. January is the time when many of us try to establish new patterns (morning workout, anyone?), create new habits or stop old ones, or break the mold and do something completely out of character.

The joke is – of course – that by March resolutions have fallen by the wayside. Yet, the wonderful thing about a new year is that hope springs eternal.

Here at the Cohasset Mariner, we'd like to make a set of resolutions to do an even better job for the community. Because this is your community newspaper, we'd appreciate hearing from you about what you would like to see on the pages of the Cohasset Mariner in 2014.

Would you like to see more photos both by us and submitted by you? Would you like us to follow up on a story that you don't think has received enough coverage? Would you like more polls? Or more local columns on our op-ed pages? Would you like to see more feature stories or more news stories? Perhaps you'd like to see less of something or more school news?

In 2014, we will continue to be interacting with our readers on Facebook ('like' our page at the Cohasset Mariner) and Twitter (follow us @cohassetmariner). You can also find us online at: wickedlocalcohasset.com

We're going to continue to reach out to community groups and organizations. And we promise to keep covering the stories that you need to know about.

Please don't hesitate to contact us with ideas or suggestions. Editor Mary Ford can be reached by sending an email to mford@wickedlocal.com, or calling 781-741-2933. Staff reporter Erin Dale can be contacted through email at edale@wickedlocal.com or at 781-741-2935. Sports editor Will Wassersug can be reached at 781-837-4577 or wwassersug@wickedlocal.com

We want to hear from you! We appreciate feedback, whether you want to say "great job" or if you feel the need to draw our attention to an issue or something we could have done better.

Each week we work hard to put out the best newspaper we can – and we can't do it without our readers. We want to ensure that the Cohasset Mariner – which is now entering its 36th year – continues to strive to be an honest reflection of the town we serve.

We are looking forward to seeing what 2014 brings for Cohasset!

For more opinion see pages 13, 15.



## LETTERS TO THE EDITOR

### The public interest

Maintenance of democracy requires participation, not the somnolence practiced by a large fraction of our disinterested voters and seemingly favored by a writer in last week's Mariner, objecting to publication of critical letters.

Forums, such as columns in newspapers, are vital to democracy, so participation by the fraction of voters who are alert and responsible is essential. Without participation, democracy withers and is replaced by some less desirable form of government.

The need for participation is as applicable to village is-

suues as it is to national affairs. And Cohasset is not without subjects worthy of more attention from citizens, including the behavior of selectmen.

R. Murray Campbell,  
217 Jerusalem Road

### Town Manager Act and Common Cause?

In last week's Mariner, our state representatives blandly describe the chronology and approval process of the Cohasset Town Manager Act. The suggestion that Common Cause "urged caution" and/or should be used as a

source of credibility heightens my concern about the transparency of the facts.

How many other home rule petitions this year did Common Cause oppose? How did they get involved? Of all the issues that Common Cause supports, suddenly the Cohasset Town Manager Act is a priority of theirs?

Gregory Boyle,  
6 Stevens Lane

### Question for Ms. McMorris

Like Ms. McMorris, I am also involved in my church (well, attend anyway); my

family and I too care about the world beyond Cohasset. But, unlike Ms. McMorris, I never received a confidential email from a sitting selectman on the status of Mr. Milanoski's contract.

Further, I have never traded emails with folks who regularly referred to Mr. Milanoski as an "illegal town manager." Instead of engaging in ad hominem attacks, perhaps Ms. McMorris can explain why she would receive an email about Milanoski's contract if the matter is of no interest to her?

Chris Allen,  
21 Pleasant St.

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## COMMENTARY

## Teacher evaluation mandate won't help public education

MARY ANN CUSHING

It was a pleasure to hear Senator William "Mo" Cowan speak at Cohasset's annual Dr. Martin Luther King, Jr. breakfast. Senator Cowan spoke about the continued need to work toward fairness and equality, and he highlighted the importance of education in fulfilling Dr. King's dream. As an individual committed to public education's role in serving all children, I was caused to reflect on what I presently see happening in our schools.

When I entered the world of education in the mid-1990s, educators were excited about "multiple intelligences." Teachers were exploring ways of differentiating instruction to use children's inherent gifts as a foundation to build new skills. These explorations were cut short by the introduction of the MCAS. MCAS performances were analyzed and teachers were coached to teach to the test, often by covering the same curriculum at the same time in every classroom at a grade level. While test scores rose, inspiration in classrooms dwindled. Excitement was replaced with anxiety — on the part of teachers who worried about covering the curriculum fast enough and well enough, and on the part of students,

**As an individual committed to public education's role in serving all children, I was caused to reflect on what I presently see happening in our schools.**

who struggled to keep up with the increased, fast-paced demands placed upon them. During the emergence of "no child left behind," children were being left behind. Teachers increasingly chose to not tangent off course to extend learning, even though seizing the inspiration of the moment is a hallmark of great teaching. In the wake of the MCAS, many creative teachers, who were no longer free to align their teaching with their understanding of what children need to be happy, successful learners, chose to leave teaching.

Educators across the Commonwealth are now challenged to implement a new statewide teacher evaluation system. All public school faculty members are charged to collect evidence to prove that they are meeting numerous competencies across multiple standards. On first glance, this appears to be a reasonable expectation; however, many educators will spend a full work-week of time over the course of a school year to create his or her evidence

binder. This is not time spent with students. It is time added to the hours of lesson planning, learning materials creation, website management, parent-teacher conferences, faculty meetings and paper grading. How many teachers will choose to give up creative projects that they have continued with children despite the demands of teaching to the test? How many teachers will choose to no longer coach or attend activities outside of school to support their students? How many more excellent veteran teachers and promising new teachers will leave the teaching profession?

Administrators are now obligated to fulfill an ambitious schedule of observations, evidence binder reviews, meetings, and cumbersome completion of multiple, lengthy documents in the wake of each of these activities — in addition to creating their own evidence binders. This is in opposition to the need for effective public school administrators to be available to meet with parents, to talk with educators who need their

guidance, and to be directly and positively involved with children throughout the day. With this new system, administrators are harried and increasingly tied to paperwork completion. How will this increased time doing paperwork improve public education? If fortunate communities like Cohasset are feeling the sting of these mandated procedures, how will communities with high numbers of disadvantaged students fare? With the imposition of this cumbersome teacher evaluation system, inner city schools will be less able to support the fulfillment of Dr. King's dream and Senator Cowan's hope for improved educational opportunities for disadvantaged youths than ever. If public education fails to meet the needs of diverse learners, I fear that the opponents of public education will delight in calling for privatization of education. It will not be due to the lack of either teaching skill or commitment to children on the part of educators and administrators, but rather to the imposition of high stakes testing and cumbersome bureaucratic procedures.

Mary Ann Cushing lives at 271 Beechwood St.



## HEDLUND REPORT

## Looking back: Efforts of 2013



BOB HEDLUND

I hope everyone had a wonderful holiday season and I wish each of you the best for the New Year. The start of 2014 marks the halfway point for the current legislative session on Beacon Hill. The Senate had numerous legislative accomplishments, which I was pleased to help make happen during 2013, and there were several other key efforts and recognitions that made 2013 a very busy and fulfilling year. Here is a brief overview of some of those key efforts and accomplishments.

**Federal Flood Insurance** — Shocking flood insurance bills caused by changes to the National Flood Insurance Program and new flood rate maps is probably the most significant issue facing the greatest number of my constituents right now. Once I began hearing from constituents faced with these ridiculous increases, I started working hard to get the federal changes delayed and fixed. My efforts included persuading Attorney General Coakley to join the fight, which led to state legislation limiting the amount of insurance required as well as the state's participation in a federal lawsuit alleging that the new FEMA flood rates are arbitrary and unlawful. I, along with many of my legislative colleagues, also put pressure on our Congressional delegation to seek immediate action to protect ratepayers from these unfair and devastating increases. That led to the introduction of the Homeowner Flood Insurance Affordability Act (HFIA) which would delay increases for at least four years, certify the way flood maps are developed, and address the affordability of any increases. On Nov. 6, I hosted a public forum with U.S. Congressman Stephen Lynch to discuss how HFIA would protect many ratepayers. We are hopeful for its passage in early 2014. The other big piece of this fight is challenging the new flood maps, which are used to set insurance rates and have placed thousands of additional properties into new or higher risk flood zones. Thanks to efforts of Rep. Keating, an independent study found that FEMA applied an inappropriate methodology for the region when establishing the new flood zone maps. Our Congressional delegation has asked FEMA to delay implementation of new flood maps until they are corrected. I also commend the efforts of local officials, civic groups and residents across my district for their determined efforts in fighting these changes and the new FEMA flood maps. As I noted during the public forum with Rep. Lynch, this has been a full-court press by many dedicated people. There is still a ways to go, but everyone involved should be commended on their efforts thus far.

**Welfare Reform** — In November, I was appointed to the Conference Committee on welfare reform, to help work out differences between the House and Senate bills. In June, I led the Republican effort to pass several important provisions to the Senate's Comprehensive Welfare Reform bill. My concerns over welfare abuse

The MSBA program has provided more than \$300 million in school building funds to my district, including: \$32.4 million for Cohasset...

and fraud were substantiated in reports made by both the state's Inspector General and State Auditor. They identified a series of failures at the Department of Transitional Assistance (DTA) that were costing taxpayers millions of dollars in fraud and waste, including 1,164 cases where a deceased person's Social Security number was used to collect cash benefits. The reforms I helped get passed in the Senate would establish a vigorous system for verifying eligibility and identity as well as increase penalties for store owners who knowingly allow prohibited transactions. These reforms would also ensure DTA maintains proper control and custody of blank EBT cards, addressing the concern highlighted in the State Auditor's report identifying more than 30,000 missing blank EBT cards. It is expected that a final bill will be negotiated and approved in early 2014.

**School Building Assistance** — Nine years after co-sponsoring and helping to pass legislation to reform the state's broken school building assistance program, I was pleased to help mark the Massachusetts School Building Authority's (MSBA) announcement that it had surpassed \$10 billion in payments to cities and towns across the Commonwealth. The MSBA program has provided more than \$300 million in school building funds to my district, including: \$32.4 million for Cohasset, \$51.9 million for Duxbury, \$45.4 million for Hingham, \$36.9 million for Hull, \$35.9 million for Marshfield, \$35.1 million for Norwell, \$23.5 million for Scituate, \$39.6 million for Weymouth, \$9.9 million for Norfolk County Agricultural, and \$3.2 million for South Shore Regional. The creation and success of the state's School Building Assistance Program is one of my proudest achievements as State Senator.

**Legislator of the Year** — I was honored to be named Legislator of the Year for 2013 by Mothers Against Drunk Driving (MADD). MADD National President, Jan Withers, was kind enough to acknowledge my legislative efforts to improve our state's drunk driving laws, including my current legislation requiring ignition interlocks for all convicted drunk drivers. I have been a proud and vocal proponent of anti-drunk driving legislation over the past decade. In 2005, I was the lead Senate sponsor of Melanie's Law, the landmark legislation that dramatically increased the penalties for Operating Under the Influence (OUI) in the Commonwealth. According to the National Highway Traffic Safety Administration, drunk driving deaths in Massachusetts have fallen over 20 percent since the passage of Melanie's Law.

**Valor Act II** — In October, I was proud to join my Senate colleagues in passing legislation to expand benefits, increase access to services and strengthen the recognition and honor given to our servicemen and women. Valor Act II, an extension of the Valor Act that was passed in 2012, doubles the size of buffer zones around military funerals,

waives a variety of license and certification fees for service members and their spouses, and enhances employment, educational and healthcare support services for veterans and their families. Additionally, Valor Act II allows private sector employers to prefer veterans and spouses of 100 percent disabled veterans in their hiring practices and establishes a home modification program for veterans to help them stay in their homes and function independently. Benefits would be available to nearly 400,000 veterans living in Massachusetts. A slightly different version of the bill was passed in the House and a Conference Committee continues to work on a final, compromise draft of the bill.

**Protecting Animal Welfare and Safety** — In 2013 I continued my commitment to protecting animals in Massachusetts. In October, I co-sponsored An Act Protecting Animal Welfare and Safety, or the PAWS Act, to address our outdated animal cruelty laws, some of which date back as far as the 19th and 20th centuries. The PAWS Act increases the penalties both in terms of jail time and fines as well as creates an animal abuse registry of those convicted of animal abuse crimes. Currently the PAWS Act has more than 75 co-sponsors and awaits action before the Judiciary committee.

**Tech Tax Repeal** — Repealing a tax doesn't happen often in Massachusetts, but persistent efforts by me and my Republican colleagues led to the repeal of the job killing computer services tax. I opposed this new tax from the beginning and warned of the devastating consequences when I fought against its passage on the Senate floor, where I co-sponsored an amendment on two separate occasions to strike the new tax. Unfortunately, the warnings were ignored both times and Governor Patrick signed the tax into law. Soon after, I co-sponsored legislation to repeal the tax. The case against the new tech tax was clear. Even before this tax went into effect, Massachusetts was home to the fifth highest tax burden on businesses, leading to the second highest business costs in the nation. The Massachusetts Taxpayers Foundation concluded that the new Massachusetts tech tax was the most burdensome in the nation. These tech companies have been leading the way as innovators and are the future of the Massachusetts economy. We need to be supporting these businesses to help grow our economy and create jobs, not driving them and our economy's competitive edge out of state. These arguments finally won over the Democrats and the tax was repealed with an overwhelming vote in September, including a unanimous vote in the Senate.

Be sure to receive ongoing updates by following State Sen. Robert Hedlund on twitter @SenBobHedlund and liking Senator Bob Hedlund on Facebook. Hedlund represents the eight-town Plymouth and Norfolk District that includes Cohasset.

## TRAVELS

## An introduction to Sochi



MARY KENNEDY

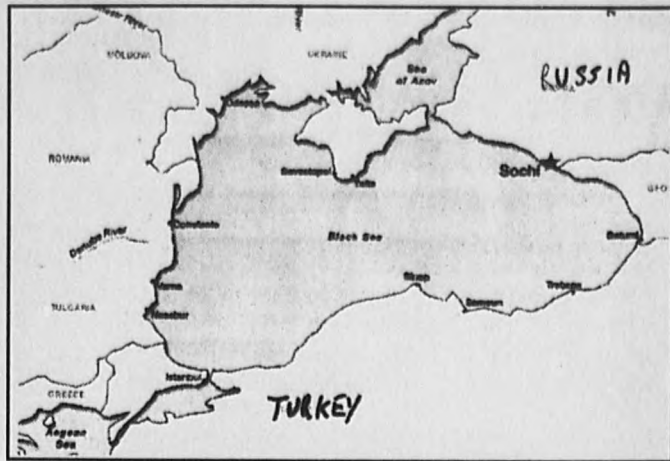
SOCHI — Russia's semi-tropical spa city on the Black Sea.

On July 4, 2007, The International Olympic Committee announced the selection of Sochi, Russia, as Host City of the 2014 Winter Games. Runners up: Salzburg, Austria, and Pyongcheong, South Korea.

Not exactly a household name among Americans — seriously, had you ever heard of Sochi? — nonetheless, it is an ancient city, well-known as a trading post for early Greek and Roman merchants. Through the centuries, with frequent name changes, Sochi was settled by Eastern Orthodox Christians who built a number of churches. During the Middle Ages, it was a favorite trading partner with Genoa, then one of the wealthiest cities in the Mediterranean. From the 11th to the 15th centuries the city grew rich on trade with the East. The local tribes were known as a warlike lot, but also as highly skilled fruit growers. In fact, only in Sochi can you taste Japanese tangerines, Italian lemons, and American oranges, all grafted onto the same tree.

Sochi was predominantly Muslim, until 1892 when the Ottoman Empire ceded the coastline to Russia. Today, it is Christian with 5 percent of the population Muslim. There are about 30 Christian Orthodox churches. In 2008 (one year after the Olympic Committee

Among Russians it has for centuries been a popular area, both as a resort and for its curative properties. In fact, it's Russia's largest resort city today, and no wonder.



Sochi at the upper right on the Black Sea. COURTESY PHOTO

choice) United Arab Emirates built a mosque in the city. The old mosque is 25 miles outside city center.

Sochi — with a population about 350,000 — is not the largest city in Europe — but in miles, it is certainly the longest, sprawling some 19 miles along the northeast shore of the Black Sea. Among Russians it has for centuries been a popular area, both as a resort and for its curative properties. In fact, it's Russia's largest resort city today, and no wonder. Protected by the Caucasus Mountains from the cold northern winds, Sochi boasts a subtropical climate (rare for Russia) with average winter temps in the 50s and 70s in the summer, and a swimming season that stretches from May to October.

In 1782 the first villa was built by a German council member and by 1909, Sochi was already winning popularity as a health resort on the Caucasian Riviera. Thanks to Lenin's decree

"On National Health Centres," (1911), and the opening of the railway line in 1925, Sochi's success was assured. Russian Czar Nicholas II, then Stalin, Khrushchev, Brezhnev built lavish vacation "dachas" here. In fact, Khrushchev was on holiday when he was removed from power in October 1964, and Gorbachev was arrested during the 1991 attempted coup.

Available to guests are almost 300 medical and therapeutic establishments, grand hotels, casinos. It even boasts the distinction of being the first Russian city to sell Pepsi-Cola, produced in Russia.

Next week, Sochi, Russia's favorite spa city, will welcome thousands of foreign visitors to enjoy both the games and the many treasures it has to offer.

Go, Team USA!

Mary Kennedy lives in Cohasset, teaches at Suffolk University, and travels whenever she can.

## COMMENTARY

## Open discourse in the Mariner

LEONORA JENKINS

I would like to address what I believe is a disturbing trend by a small group of politically active insiders in our community to intimidate the Cohasset Mariner from publishing factual commentaries that do not comport with their agenda.

Unfortunately, this is not the first time our local paper has been called to task for reporting the facts and giving a forum to citizens who are advocating for a change in the way the town is governed. More and more, I have been reading letters to the editor from this insider faction which state "the Mariner should be more careful in editing what it publishes," or "do you think it is fair" and "shame on you for publishing first anonymous hate (online) and now this signed venom." These are just some of the tactics used by these insiders to deflect their actions and to deflect attention from their activities. Note how rarely they address allegations with a factual response.

This, in my opinion, is simply an attempt to manipulate the press to further their political agenda. It is a

These are just some of the tactics used by these insiders to defend their actions and to deflect attention from their activities. Note how rarely they address allegations with a factual response.

technique that has brought political success to the insiders over the years mostly because their agenda and actions largely went unchallenged. Now that the Mariner has appeared willing to examine their activities, the old ruling clique rises up with great umbrage.

We've had strong political divisions in this town for a very long time. But the insiders now seem to object to the attention, preferring the old days when they operated with impunity which left us with lawsuits from police officers, turmoil in departments, sexual harassment charges, school budget disasters, cost overruns in construction projects, mismanaged real estate projects (the Cook Estate), illegal departments, and a complete and utter breakdown of the town's financial system.

An outsider, Mike Milanowski, cleaned up the mess and in the process upset the old order, which is why a

balanced and nonpartisan weekly community newspaper is critical to maintaining a well-governed town. Unfortunately the Mariner does not have enough staff to ferret out the real stories in town, which is why citizens with institutional memory are valuable to the rest of us. The Mariner is doing the right thing by allowing alternative voices to be heard, even if it causes controversy.

It is important to publish articles that "connect the dots" and provide the back story to the events we read about. If we remain silent about counter productive actions undertaken in fulfillment of a minority agenda, we will find ourselves back where we were when town government was nothing but an exercise in crisis management.

Leonora Jenkins lives at 198 Jerusalem Road.

## POLITICAL NOTES

## Cohasset Democrats to hold Caucus

The Cohasset Democratic Town Committee will be holding a caucus for Cohasset's Registered Democrats at the Cohasset Library Saturday, Feb. 8, at 10 a.m. to elect four delegates and three alternates to the 2014 Massachusetts Democratic Convention. Delegates will be divided equally between men and women.

The Convention will be held on Friday June 13, and Saturday June 14, at the DCU Center in Worcester. At that time, Democrats from across the state will gather to endorse statewide

candidates.

The caucus is open to all registered Democrats in Cohasset. Anyone who wishes to attend the convention as a delegate is encouraged to attend the caucus and be nominated. All ballots will be written and secret. Those not elected as Delegate and/or Alternate, who meet the qualifications, may apply to be add-on delegates in the following categories: youth, minority, and disabled.

Discrimination on the basis of race, sex, age, color, creed, national origin, dis-

ability, religion, ethnic identity, sexual orientation or economic status in the conduct of the caucus is strictly prohibited.

Challenges to the delegate selection process can be filed with the Massachusetts Democratic Party, 77 Summer St., 10th Floor Boston, MA 02110 no later than 10 days after the caucus date.

For caucus information contact chair, John Chapman at 781-383-9793, or vice chair, Sally Sisson at 781-383-6190.

## SAVE THE DATE

## CHS Cabaret

The Cohasset Arts Boosters and the Red Lion Inn present the Annual Cohasset High School Cabaret: A Music

and Art Showcase.

Join CHS performers on Thursday, Feb. 6 at 7 p.m. for a night of music and art in the Barn at the Red Lion

Inn.

Ticket prices are to be announced. Look for more on this in an upcoming edition of the Mariner.



# Town Census forms mailed

The following was provided by the Town Clerk's office:

The 2014 Annual Town Census forms have been mailed to every household in Cohasset. This census package also includes a dog license application. All dogs must be licensed by April 30 each year. Dog forms are on a tear off portion of the census forms. The licenses are valid through Dec. 31, 2014. Dog forms need to be returned as soon as possible with a current rabies certificate.

Compliance with this State requirement provides proof of residency, street listings, veteran's bonuses as well as protection of voting rights, senior citizen programs and related benefits. The census form, does not register you as a voter. The population figure has a bearing on State and Federal aid Cohasset will receive.

While the street list is primarily used to update the voting list, statistics on children are taken for the school committee, providing

**This census package also includes a dog license application. All dogs must be licensed by April 30 each year.**

it with data on current enrollment as well as present and future school population. NOTE: The school committee uses the annual census information to help project future enrollment and space needs. Review the form carefully to ensure each child is reported and all dates of birth are accurate.

Any member of the family in the military service, away at college or confined to a rest home whose legal residence is the same as you your own should be included on this form.

If you did not receive a Census form, or if you have any questions about it, call the Town Clerk's office at 781 383-4100 x106.

## NOMINATION PAPERS

# Positions for Town Election

Nomination papers for the Annual Town Election for 2014 will be available on Monday, Feb. 10, 2014 at the Town Clerk's Office. The last day to obtain nomination papers will be Thursday, March 20, 2014. Last day to submit nomination papers to the Board of Registrars for certification is Monday March 24. In order to hold an elected office, you must be a registered voter of the town. Please note that you are not running for office until you take out papers and the Board of Registrars certifies your signatures.

- Selectmen for three years (2)
- Moderator for three years (1)
- Town Clerk for three years (1)

- School Committee for three years (1)
- Trustees Paul Pratt Memorial Library for three years (3)
- Assessor for three years (1)
- Board of Health for three years (1)
- Cohasset Housing Authority for five years (1)
- Planning Board for five years (1)
- Planning Board Associate Member for two years (1) to fill an unexpired term
- Recreation Commission for five years (1)
- Sewer Commission for three years (1)
- Water Commission for three years (1)

**Personal Property and Real Estate taxes are due February 3rd.**

## NEWS

# Town Manager Act becomes law

Governance seeks to sync up bylaws

By Erin Dale  
edale@wickedlocal.com

Now that the amended Town Manager Act (TMA) has become law, aligning it with the town's bylaws is the next order of business.

That's what the Governance Committee is working on, following the TMA bill, H. 3486, being signed into law by Governor Patrick on Thursday, Jan. 16. Now, the members of the committee plan to tackle the town bylaws in order to bring them into compliance with the updated TMA. The town's original TMA was enacted in 1997.

Governance chairman Kevin McCarthy said that after over a year of working on revisions to the TMA, which were approved by the April 2013 Town Meeting, he and the rest of the committee were happy to hear that it was finally signed into law.

"We think it's going to be great progress for the town," said McCarthy, adding that Rep. Garrett Bradley was "very helpful throughout the process."

"He kept us updated - I had to call him several times during this process - and he was very responsive," said McCarthy. "In particular I want to thank [him] for making sure this got through as quickly as it did."

Last spring, Bradley cautioned the governance board that in a worst-case scenario, it could have taken a year for the Act to become a law. The revised TMA became a bill with a docket number after it was submitted to the state legislature in May, and had a State House hearing in July that was attended by many Cohasset citizens and officials.

The bill continued to wind its way through the legislative process throughout the fall, as the town also launched a town manager search. Town Manager Chris Senior was hired in December and started working in town on Monday, Jan. 13.

The revised TMA contains several revisions from the '97 original, including outlining the town budget process, but the key change that affects the town manager office is who is eligible to apply for the position. The new version of the Act also removes a prohibition against town employees or volunteer board members from applying for the job.

Now that the TMA has been retooled and refigured, it's time to

see how the town bylaws match up.

The Governance Committee scheduled a public hearing on the matter for Thursday, Jan. 23 at 7 p.m. in the Middle High School Community Room (after the Mariner's publication deadline). The purpose of the meeting was to review the committee's draft changes of the town bylaws and seek public input before finalizing the recommended changes.

Governance will then present the changes as a warrant article for the April 28 Annual Town Meeting; Town Meeting voters will have the final say on any changes.

McCarthy said that one major issue that needs to be fixed in the bylaws is the budget process. The committee is proposing to change the timeline for how the annual budget is prepared and reviewed, which would be "helpful for the town," said McCarthy. "We'd put the timeframes into the bylaws, so [the budget process] gets going earlier than usual."

The revised TMA indicates that the Board of Selectmen is expected to give the Town Manager budget guidelines before he or she prepares the budget. Some of this has already implemented in recent years, McCarthy explained, but updating the bylaws would cement this practice into place.

That is only one issue that the chairman highlighted as a discrepancy between the TMA and bylaws. "There is some latitude, some things that could be changed."

McCarthy said that community feedback is crucial as Governance works on revising the bylaws. "We consider public participation to be integral to the process."

The selectmen were invited to attend the Thursday night forum, which was open to members of the public, as all posted meetings are. McCarthy emphasized that citizens are encouraged to attend Governance meetings.

"All of our meetings are posted on the Cohasset town website and the public is always welcome."

Governance typically meets at 7:30 a.m. on Thursday mornings, although this week they met on Tuesday, Jan. 21. The committee, which is due to sunset after Town Meeting in April, is meeting on an almost weekly basis as they work on bylaw revisions.

"We're really making sure we're on top of this," said McCarthy.

Following Thursday night's forum, the committee will meet with Town Counsel Paul DeRensis for a legal evaluation of the recommended bylaw changes. This meeting will take place on Tuesday, Feb. 4 at the Middle High School.

Those who are interested in reviewing the existing town bylaws can obtain hard copies in the Town Clerk's office or digital copies from the town website, [www.cohasset-mass.org/governance](http://www.cohasset-mass.org/governance). Copies of the amended TMA and a draft copy of the Governance Committee's proposed bylaw changes are also available.

## Town Manager Act timeline

**The first Town Manager Act (1990s edition):**

- March 29, 1997: Town Manager Act approved by Town Meeting. Later approved by the House of Representatives and sent on to the Senate the following week.
- June 30, 1997: TMA signed by the Governor.
- July 1, 1997: Ed McMann, interim Town Administrator, is sworn in as Acting Town Manager; 40 applied for the position.
- August 4, 1997: Mark Haddad is sworn in as Town Manager; McMann steps down.

**The new TMA, revised for the 2000s:**

- April 22, 2013: Town Meeting approves the amended Town Manager Act.
- May 8, 2013: Town sends TMA changes as a Home Rule Petition to the state legislature; the HRP is sent on to House counsel.
- May 28, 2013: The bill is filed and given a docket number: H. 3486.
- May 30, 2013: The House refers the bill to the committee on Municipalities and Regional Government.
- June 3, 2013: The Senate concurs.
- July 23, 2013: State Rep. Garrett Bradley and Senator Robert Hedlund both speak in favor of the bill during a State House hearing.
- October 2, 2013: The TMA bill is engrossed by the House; set to be taken up by the Senate.
- November 2013: The Senate Counsel asks the town to correct two typographical errors in the Act.
- January 16, 2014: The Act is signed into law.



# Beacon Hill Roll Call

By Bob Katzen

[bob@beaconhillrollcall.com](mailto:bob@beaconhillrollcall.com)

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If you have any questions about this week's report, e-mail [bob@beaconhillrollcall.com](mailto:bob@beaconhillrollcall.com) or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) \* Not every item is voted on by both House and Senate

Volume 39

Report No. 3

January 13-17, 2014



Senator  
Robert L. Hedlund  
(R-Weymouth)  
617-722-1646  
Room 313C



Representative  
Garrett J. Bradley  
(D-Hingham)  
617-722-2520  
Room 479

**THE HOUSE AND SENATE:** Beacon Hill Roll Call records the votes of local representatives on one roll call and local senators on four from the week of January 13-17, 2014.

**BOSTON STRONG LICENSE PLATES (H 3664)**  
House 147-0, approved and sent to the Senate legislation that would allow drivers to purchase "Boston Strong" license plates for an additional \$50 or more above the regular biennial \$50 fee for a license plate. Proceeds would benefit the One Fund that raises funds for the victims of the Boston Marathon bombings. Supporters said the revenue from the additional \$50 fee would allow people to contribute financial support to the thousands who were impacted by this tragedy. He noted that the plates are one more way to honor the victims and their families.

(A "Yes" vote is for the bill.)

**CHANGES TO ELECTION LAWS (S 1975)**

Senate 37-1, approved a bill making changes in the state's election laws including allowing early voting beginning 10 business days before any primary or general election and ending two days before the election. Other provisions include allowing online voter registration, allowing 17-year-olds to vote in municipal elections in Lowell if Lowell voters approve the measure, eliminating the requirement of a check-out desk at polling places and requiring municipal election officials to attend annual training given by the secretary of state.

Supporters said it is time for Massachusetts to join the 19 states that allow online registration and the 32 that permit early voting. They argued both changes will increase voter turnout.

The lone opponent said the bill creates great potential for fraud with provisions like same day registration. They noted it also mandates other unworkable requirements and potentially imposes unfunded state mandates on local cities and towns by forcing them to add extra personnel.

The House has already approved a different version of the proposal, and the Senate version now goes to the House for consideration.

(A "Yes" vote is for the bill. A "No" vote is against it.)

**ALLOW 17-YEAR-OLDS TO VOTE IN LOCAL ELECTION (S 1975)**

Senate 30-7, approved an amendment that would allow 17-year-olds to vote in city elections in the city of Lowell. The proposal would have to first be approved Lowell voters. The amendment still prohibits voting by 17-year-olds in state and federal elections.

Amendment supporters said this is supported by the Lowell City Council and will increase voter participation in low-turnout local elections.

Amendment opponents said the age of 18 has worked well and that tampering with it in local communities would result in a patchwork of inconsistent election laws across the state.

(A "Yes" vote is for allowing 17-year-olds to vote in Lowell city elections. A "No" vote is against it.)

**SAME-DAY REGISTRATION (S 1975)**

Senate 30-8, approved an amendment allowing people to register to vote on Election Day at the polls. Current law prohibits persons from registering fewer than 20 days before an election. The person would have to show proof of residency by showing one of the following: a valid photo identification, utility bill, bank statement, government check, residential lease agreement, wireless telephone statement, paycheck or other government document that would include a social security card.

Amendment supporters said this includes sufficient safeguards and would increase voter registration and turnout.

Amendment opponents said same-day registration would lead to chaos at the polls and argued that people have hundreds of days on which they can register to vote.

(A "Yes" vote is for same-day registration. A "No" vote is against it.)

**SHOW ID OR SWORN AFFIDAVIT TO VOTE (S 1975)**

Senate 9-29, rejected an amendment requiring voters to show an ID or submit a sworn affidavit identifying themselves in order to be allowed to vote at their polling place. Any person who could not show proof of residency by showing either a current and valid photo identification, utility bill, bank statement, government check, paycheck or other government document, including a social security card would be allowed to instead signed a sworn statement.

Amendment supporters said it is illogical that all voters are not required to show identification prior to voting and noted 30 states have laws requiring IDs. They argued people cannot cash a check, rent a car, rent a DVD or even enter some government buildings without showing an ID. They noted the sworn affidavit option offers an additional choice for anyone who does not have an ID.

Amendment opponents said the amendment would disenfranchise thousands of voters who do not have a current address because they are in a homeless or domestic violence shelter or domestic violence facility. They argued there have been no widespread reports of voter fraud in Massachusetts. Some said the amendment may have been used in other states to attempt to suppress voter turnout in minority districts.

(A "Yes" vote is for the amendment requiring an ID or sworn affidavit. A "No" vote is against it.)

**ALSO UP ON BEACON HILL**

**PET EVACUATION (S 1172)** - The House gave initial approval to a bill that would require cities' and towns' emergency evacuation plans during a disaster or emergency to include household pets and service animals.

Supporters said pets left behind often meet with tragic consequences including death. They noted that many pet owners refuse to evacuate without their pets and as a result put themselves and first responders in danger. They argued these owners should not have to suffer the additional emotional stress of having to abandon their household pets during a disaster.

Some animal advocates question why there is no provision for the evacuation of animals that are being bred for sale and technically are not household pets.

**BABY HEART SCREENINGS (S 1919)** - The House gave initial approval to a bill that would require all newborns to have a test that would determine whether he or she has a congenital heart defect. The test would be performed prior to the infant being discharged.

Supporters said 27 other states have this mandate. They noted that the requirement will save lives.

**PHONE INSURANCE (H 3641)** - The House and Senate have agreed on a version of a bill that would create a licensing framework for the sale of insurance for cell phones and other portable devices in Massachusetts. Currently, there is no statutory or regulatory structure that exists for the sale of this insurance. A key section gives a retail store an overall license to sell insurance and authorizes all its employees to do so. Other provisions would require many disclosures by the person who sell the insurance.

Supporters said that without the bill, every salesperson in a store would have to be individually licensed to sell insurance to consumers, a requirement that would be overly burdensome to insurance regulators and the business. They argued the measure is a fair one that provides crucial consumer protection.

Only a final vote is needed in each branch prior to the measure going to Gov. Deval Patrick.

*	Y
N	*
N	*
N	*
Y	*



## BUDGET

Continued from 1

school district is asking for \$16,948,985 for FY15, a \$711,953 increase over FY14, or 4.38 percent more.

DeGennaro noted that this is a bigger hike than previous years; typically the budget creeps up by only two or three percent each year.

"In my time, I've never seen an increase for this amount of money," DeGennaro said. "For us to ask for 4 to 4.5 percent is a big increase."

### Seeking support

The town may not be able to afford this number, in which case the school board will have to make a hard sell to the various town boards before addressing the Town Meeting floor.

School Committee chairman Dr. Paul Schubert urged parents and concerned citizens in the community to lend their support.

"The committee needs to come up with a budget that's feasible and passable... It comes down to the Town Meeting floor," said Schubert. "We're clearly going to need support if the school committee goes forward with a budget that's expensive."

"We need everyone involved who is a registered voter to show up at Town Meeting," Schubert continued.

Despite the budget spike, a few positions could be eliminated that had many audience members up in arms.

Parents in particular fretted over the loss of a kindergarten and third grade teacher, especially since enrollment numbers are on the rise. The district had to think quickly this past August, adding a seventh kindergarten class in order to accommodate an enrollment spike. The school board reported that the trend is only going to continue.

The projected kindergarten class size for the 2014-2015 school year is 113 students, or 22.6 per classroom, while projections for third grade are 119 students with a class size of 23.8.

When audience members balked at the growing class sizes, Superintendent Barbara Cataldo said that she, too, would like to keep class sizes low.

"It's not an ideal situation," she said of the increase. "Ideally, I would like class sizes to be at 20; 30 would not be acceptable. I wouldn't be able to stay here if that were the case."

The school board discussed housing developments in town, including the Avalon apartments and the upcoming Toll Brothers project, which is still under construction. Schubert said that there is potential for as many as 122 children that could occupy the new houses underway, who may or may not end up attending Cohasset schools.

"Realistically the whole town is growing; we have to make sure we can fund it," said Schubert, adding that the school committee is pushing for residents to accurately fill out the census this year. Inaccurate numbers last year

contributed to the unexpected kindergarten enrollment spike.

### Special Ed.

People also protested the elimination of two department chair positions in Special Ed.

Diane Herth, President and Co-Chair of the Cohasset SEPAC (Special Education Parents Advisory Council) implored the school officials, "You can't be cutting out of special ed. There are a lot of complaints from parents... Next year will be a nightmare."

Herth noted that Student Services Director Lori Villani would have her hands full if the two team chairs are cut. "She will not be able to work on any new initiatives - which is why we hired her. She has already informed SEPAC that she will have zero time for new initiatives."

Helene Childs, also of SEPAC, said that the model Villani established when she started in Cohasset two years ago, by having Spec. Ed. team chairs, "is working. This cannot change."

The budget proposes adding a full-time coordinator and part-time secretary in place of the team chairs. However Childs noted that if Villani were to leave the district, "We no longer have a captain of the ship... Our students will be in dire straits. There will be no one at the helm who has been in this district."

Childs said that Villani would have to take on the work of four other positions, and would thus be "stretched to the limit," wondering if the workload contributes to a high turnover of Student Services Directors over the past few years. "Are we stretching them too thin?"

The school board chair asked Childs not to bring individual personnel into the discussion. Villani addressed the meeting, explaining that there is a "critical shortage of mental health support at the secondary level" in the Cohasset district.

Villani said that if the two team chairs are added back in, there will be an increase of over \$50K in the adjustment counselor budget line item. The student services director explained that she was asked to stay within the level services budget, and this was the best she could do.

"I put forward a proposal to allow us to have level funding," said Villani. "I have said all along that in a perfect world, this wouldn't be my proposal. This is an alternative proposal to the situation we're in."

### Higher costs

School committee member Jeanne Astino noted that cutting positions won't necessarily save money. "It jacks up unemployment," she said. "I'm really concerned about the unemployment costs because these people are highly compensated; they will be at the highest level."

Schubert noted that the town is on the hook for funding unemployment for municipal employees.

Astino wondered if the unemployment costs had been budgeted. DeGennaro said that some of it has been ac-

counted for, however, "We don't know year to year what unemployment costs are going to be."

Several wondered if the four jobs being cut could be saved. DeGennaro said that if the positions are restored in the budget, it would cost upwards of \$200K piling on top of the additional \$700K-plus the district is requesting.

Former school committee member Adrienne McCarthy said that it could be time to ask the town for more money for the schools. "We have been living under a level funded budget for six to eight years. The role of the school committee is to present an adequate, funded budget that represents your needs, and you are not knowingly to under-fund any line item."

"The school committee needs to say, 'We need this much and here's why,'" McCarthy continued. "I think this is a great time for the communication process to start with the budget. I do believe it's going to be incumbent on all of you, the school committee and superintendent, to bring whatever numbers to the floor of Town Meeting and articulate exactly why."

School board vice-chair Paul Ognibene said of the budget discussion, "Tonight is a key turning point; we're putting the budget forward. We'd like to give guidance to everybody in the room on the next steps."

Ognibene compiled a list of emails from the parents who attended the meeting to keep them updated on the budget process.

Schubert reminded the audience, "This is the first time around for the budget... Understand we need your support."

Parent Sarah McSweeney said that right now, the school board does not have total support. "There are issues; you don't have the support to move this forward.... There is work to be done; everybody needs to roll up their sleeves."

### New town manager

Cohasset's new Town Manager Chris Senior, who started working in Cohasset two weeks ago, attended the meeting and was asked by the school board when he might have his budget ready. Senior said that he has started to look at the numbers.

"I have started - I'm coming the game a little late, but I've been doing budgets for a long time," Senior said that he has yet to meet with the Board of Selectmen (the Tuesday, Jan. 21 meeting was canceled due to snow), but once they convene, "We will get to numbers we're comfortable with... Fingers crossed it will be a good year for all of us."

Senior said that two weeks into the job, "I appreciate the warmth and openness everyone so far has shown me. It's a wonderful community, and I'm happy to be here."

The town manager told the audience that he has an open door policy. Cataldo noted, "We have a very passionate group of parents that help in the district," adding that Senior could expect to hear from them. "The passion is here."

# THE BOSTON HOME SHOW

AT **cruiseport** 

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## Jan. 25<sup>th</sup> & 26<sup>th</sup>

TheBostonHomeShow.com

**Saturday**  
11am - 6pm

**Sunday**  
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## LIBRARY CORNER

# Book group meets Wednesday

Paul Pratt Memorial Library is at 35 Ripley Road. Call 781-383-1348 to register or for more information or visit the website at [www.cohassetlibrary.org](http://www.cohassetlibrary.org).

**MA eBook Project** - The library is participating in an eBook pilot project, which entitles Cohasset Library cardholders access to thousands of free ebooks and other materials. Read popular fiction and non-fiction titles or search titles for information for student reports and projects. Visit [www.cohassetlibrary.org](http://www.cohassetlibrary.org) and click on the MA eBook Project icon

on the library's homepage.

**Artist Reception** - The South Shore Art Center presents an art exhibit by Mary Taylor at the Paul Pratt Memorial Library Jan. 2 through Feb. 28.

Meet Ms. Taylor at a reception on Friday, Jan. 24, from 5 to 7 p.m. Free. Gallery hours are Mondays, Tuesdays, Thursdays 10 a.m. to 8 p.m., Wednesdays and Fridays 10 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m., and Sundays 2 to 5 p.m.

**Library Book Group** - Join others for coffee and

discussion of "In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin" by Erik Larson on at 10 a.m. Wednesday, Jan. 29. All are welcome.

**Movie Matinee at the Library** - Enjoy a free, daytime movie at the library. The film "The Notebook" starring Ryan Gosling and Rachel McAdams will be shown on Friday, Feb. 7, at 11 a.m. Free admission. Light refreshments generously donated by Shaw's of Cohasset. Rated PG-13; 124 min.; 2004.



**SALE DATES: Thurs. Jan. 23 - Jan. 29, 2014**

# Ocean State JOB LOT

**STORE HOURS: Mon-Sat 8am-9pm; Sunday 9am-8pm**

**Wild Bird Food**

50lb Black Oil Sunflower Seed Our Reg. \$29.99  
25lb Nyjer Thistle Seed \$25  
25lb Signature Blend Our Reg. \$23  
20lb Country Blend \$20

**Pantene Shampoo or Conditioner**  
SUPERSIZE 29.2 oz Assorted

Our Reg. \$5.99  
Comp. \$7.49

**4.99**

**\$25**  
Oscillating Ceramic Heater  
4 position rotary control. Adjustable thermostat.

**\$20**  
Ceramic Heater

**\$10**  
Licensed Fleece-lined Hats  
Ravio - Looney Tunes - Muppets - Disney & more  
Comp. \$20-\$30

**LifeSmart®**  
**\$129**  
4 Element Infrared Quartz Heater  
Comp. \$249

**SAVE \$50!**  
Our reg. \$199  
**\$149**  
6 Element Infrared Heater End Table  
Comp. \$299

**Better Winter Coats**  
Comp. \$100-\$200

**NEW LOW PRICE!**

**24.99**  
Your Choice

**Soft Shell Jackets!**  
Comp. \$75

**NEW ITEM!**

**\$5**  
Branded Scrubs  
Unisex styling - tops & bottoms  
Comp. \$15

**SAVE 50%**

**\$5**  
Travel Neck Pillows  
Plush or beads  
Comp. \$10

**SAVE \$70!**  
Our Reg. \$249  
**\$179**  
Infrared Compact Rolling Mantel  
Fully assembled. Energy saving All LED technology, 1500 watts, 5200 BTU's. Remote control.

**Shades & Blinds**  
**30% OFF**

**ALL Pleated, Roman, Vertical, Wood & Magic Blinds**  
selection varies by store

**1000 Thread Count**  
Cotton Sheet Sets  
Our Reg. \$19.99-\$24.99

**49.99**  
Queen or King

**\$5**  
Mens & Ladies Waterproof Winter Gloves  
3M thinsulate lined

**\$5**  
Mens Better Leather Belts

**\$5**  
Dept. Store Label Ladies Scarves  
Fashion & basic styles!  
Comp. \$25 or more

**\$5**  
Pashminas  
Comp. \$14.99  
Available in most stores

**Save 50-66% Framed Art**

8"x10" \$2.99 16"x20" \$6.99  
12"x12" \$3.99 22"x28" \$9.99  
8"x20" \$4.99 24"x36" \$14.99

Our Reg. \$13

**Enviro-Log**  
6-PACK  
**\$11**  
Enviro-Log Fire Log  
5 lbs ea., 3 hour burn

**120 Gram Microfiber Sheet Sets**  
ON SALE!  
Our Reg. \$20-\$25  
Full, Queen or King  
Comp. \$14.99-\$19.99

**\$15**  
Ladies Famous Maker Jeans  
Lots of styles including figure flattering models  
Comp. \$42-\$52

**\$20**  
Patriots' Hoodie  
Comp. \$40

**\$10**  
Patriots' Longsleeve Tee  
Comp. \$20

**ON SALE!**  
Our Reg. \$20  
**\$18**  
4-Shelf Greenhouse  
63"x19"x27"  
Comp. \$50

**ON SALE!**  
Our Reg. \$15  
Your Choice  
**\$10**  
3 Pc Commercial Duty PVC Rainsuit  
35mm three layer waterproof fabric. Full bib pants. Detachable hood.  
Comp. \$25

**Blankets**  
Synthetic Lambswool or Printed Microplush

**All Sizes \$15**

**\$7**  
Better Knit Tops  
Comp. \$15-\$30

**\$3**  
Hanes® Platinum T-Shirts  
Their softest fabric - best fitting tee  
Comp. \$15

**ON SALE!**  
Our Reg. \$3.25  
**2.89**  
36 Cell Seed Starting Greenhouse

**Steel Toe Knee High Boots**  
Waterproof rubber/PVC  
Comp. \$25

**Matrix Waterproof Mattress Pads**  
All Sizes  
**\$15**

**Microfleece Sheet Sets**  
ON SALE!  
Our Reg. \$20-\$35  
Twin Full Queen King  
Comp. \$18.99-\$25.99

**\$10**  
Ladies Better Sweaters  
Comp. \$30-\$70

**\$10**  
Ladies Satin Pajamas  
Notch collar, button front  
Assorted prints  
Comp. \$40

**2.50**  
Our Reg. \$3.00  
22" Snowbrush & Ice Scraper

**\$5**  
6 Pk 48" Fiberglass Driveway Stake

**Rainx® Horizon**  
SAVE 65%  
Comp. \$18.99

**5.99**  
Wiper Blades  
Applies Rain-X water beading treatment

**1.69**  
Our Reg. \$1.99  
-20F Windshield Washer Fluid

**ON SALE!**  
Our Reg. \$20-\$25

**19.99**  
All Sizes

**SAVE 50-80%**  
Our Reg. \$15  
**7.50**  
Ladies Premium Long Underwear  
Comp. \$18-\$40

**Wellco**  
100% Leather Oxford  
Made in the USA for the Military  
Our Reg. \$25  
**14.99**  
Comp. \$100

**TV**

**9.99**  
The Original 18" Pillow Pets  
Comp. \$29.99

**50" x 60" Throws**

Synthetic lambswool or Two-tone Sherpa  
Our Reg. \$8-\$13  
**6.99**

Coral Fleece  
Our Reg. \$5-\$6  
**\$5**

**Area Rug Closeout**  
Paterson Collection - RCI

20'x5' \$8  
3'3"x4'7" \$13  
5'x7' \$30  
8'2"x9'x10" \$65

**Comp. \$100**  
**\$20**  
Famous Label Stylish Winter Fleece Jackets

**Dirt Devil**  
Featherlite Cyclonic Bagless Vacuum  
Comp. \$79  
**\$39**  
Remanufactured

**34 Gal. Wheeled Trash Can**  
Our Reg. \$14.99  
**\$12**

**Old Mother Hubbard®**

**2.99**  
Dog Biscuits & Treats  
20 oz Biscuits or 6 oz Treats  
Comp. \$6.99-\$7.99

**Mohawk & Shaw Cut & Bound Rugs**  
25'x6' \$15.99  
25'x10' \$18.99  
35'x4' \$19.99  
45'x6' \$14.99  
55'x8' \$24.99  
65'x12' \$32.99  
95'x12' \$124.99  
150'x25' \$219.99  
Ladies Mock Top Set \$59.99

**Save 20%!**

**Window Panel Closeout**  
25'x36" \$10  
36'x48" \$15  
48'x60" \$25  
60'x72" \$35  
72'x84" \$45  
84'x96" \$55  
96'x108" \$65  
108'x120" \$75  
120'x132" \$85  
132'x144" \$95  
144'x156" \$105  
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252'x264" \$195  
264'x276" \$205  
276'x288" \$215  
288'x300" \$225  
300'x312" \$235  
312'x324" \$245  
324'x336" \$255  
336'x348" \$265  
348'x360" \$275  
360'x372" \$285  
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384'x396" \$305  
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732'x744" \$595  
744'x756" \$605  
756'x768" \$615  
768'x780" \$625  
780'x792" \$635  
792'x804" \$645  
804'x816" \$655  
816'x828" \$665  
828'x840" \$675  
840'x852" \$685  
852'x864" \$695  
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1092'x1104" \$895  
1104'x1116" \$905  
1116'x1128" \$915  
1128'x1140" \$925  
1140'x1152" \$935  
1152'x1164" \$945  
1164'x1176" \$955  
1176'x1188" \$965  
1188'x1200" \$975  
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1224'x1236" \$1005  
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1368'x1380" \$1125  
1380'x1392" \$1135  
1392'x1404" \$1145  
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1416'x1428" \$1165  
1428'x1440" \$1175  
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1680'x1692" \$1385  
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2100'x2112" \$1735  
2112'x2124" \$1745  
2124'x2136" \$1755  
2136'x2148" \$1765  
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2340'x2352" \$1935  
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2364'x2376" \$1955  
2376'x2388" \$1965  
2388'x2400" \$1975  
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2616'x2628" \$2165  
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# SPORTS

ALSO INSIDE

## CALENDAR

Meet alligators and crocodiles at SSNSC 31



## HEALTHY LIVING

Exercise provides long-term health benefits See pages 23 - 25

QUESTIONS? Contact Sport's Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com

### SPORTS NOTES

#### Send your stuff

William Wassersug is the Sports Editor for the Cohasset Mariner.

Please send your stories and photos or story ideas to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

### GIRLS BASKETBALL

#### Overwhelming win

The Cohasset girls basketball team picked up an impressive 34-21 win over Mashpee, January 20.

### ROAD RACE

#### Cohasset Race By The Sea

Cohasset Road Race by the Sea 10K presented by Rotary Club of Cohasset will be Sunday, April 6 in Cohasset.

Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot.

Register at road-racebythesea.com "Like" us on facebook.

For more on the race, see Page 18.

### FLAG FOOTBALL

#### SSYMCA registration

Registration is now open for the South Shore YMCA Emilson Branch spring season of 2014 NFL Flag Football League.

The YMCA NFL FLAG Football is the premier youth football league for boys and girls ages 7-14. This program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Registration will run until late February with first games slated for March 23rd.

The South Shore YMCA NFL Flag Football League is broken down into three age brackets, 7-9, 10-12, 13-14 boys and girls. Practices are once a week and games are played on Sunday afternoons. Season runs March 23rd to May 18th. All practices and games are held at the South Shore YMCA Emilson Branch outdoor field and will be coached by parent volunteers. All players will receive an NFL team identified jersey and a NFL flag belt.

For more information or to register your

SEE NOTES, 18

### BOYS BASKETBALL

## Big game tonight

### Skippers qualified for tourney

By Christian Cunnie  
For the Cohasset Mariner

Friday night home tilt with South Shore League rival Abington is a big one for the Cohasset boys basketball team in at least one way – it is the last regularly scheduled Friday night home game of the season, and is also "Classy Cohasset Night."

Any high school student who dresses in semi-formal attire gets in free.

The first time the teams played this season was back in December, in the season opener for Cohasset.

The Skippers won that game 55-52, partially through the heroics of Joe Buckley, who poured in nine of his 16 points in the fourth quarter.

Since then, Cohasset has just continued to win games, rolling to a 10-0 record (8-0 South Shore League) heading into tonight's showdown. The Skippers are alone in first place in the league.

Abington checks in with a 5-5 record and is coming off a 52-49 loss to Archbishop Williams on Tuesday.

In their most recent action, Cohasset beat Mashpee 70-30 on Monday to improve to 10-0 and qualify for the MIAA Div. 4 South Sectional Tournament.

Henry Brown and Harrison Martin each had 11 points in the win, which was the fourth in ten days for the Skippers. Brown added five rebounds and Rocco Laugelle added 10 points.

Cohasset held Mashpee to 12 points before they were able to score a basket.

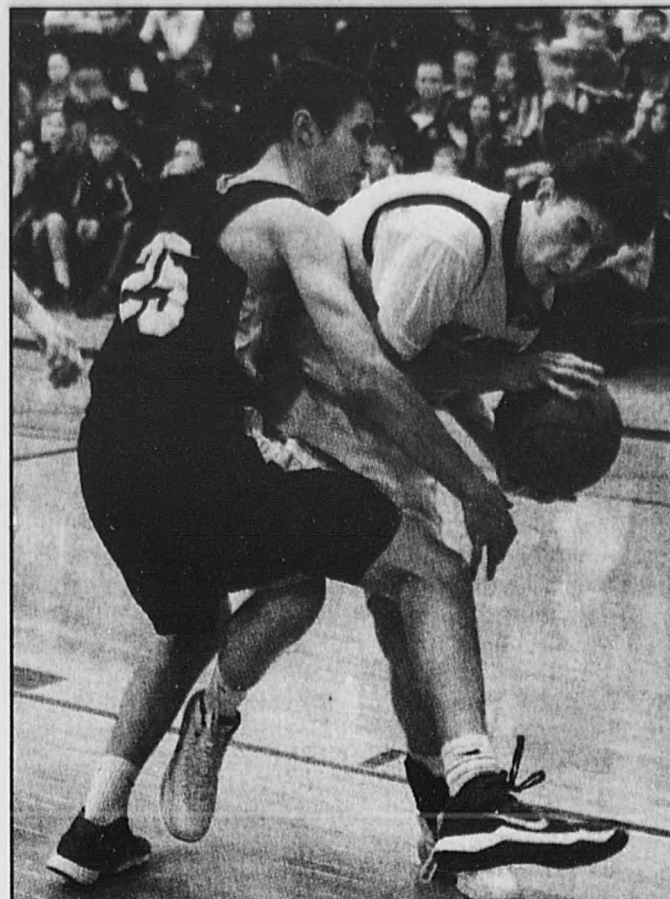
In between, Wednesday night's scheduled game against East Bridgewater was postponed to Saturday, Feb. 8 at 5 p.m. at home.

In last week's paper, it was written that Rocco Laugelle was taken out of the Rockland game with a concussion.

Fortunately, that was not the case, and Laugelle's as his injury was not serious and he was cleared to play in the team's next game, a 56-47 victory over Southeast Regional.

As usual, Cohasset's press was the difference in the game, especially in the first half when had six steals and forced numerous turnovers.

SEE BASKETBALL, 18



Cohasset's Henry Brown looks for some space in a win over Norwell a few weeks back. Brown led Cohasset with 11 points in a 70-30 win over Mashpee on Monday.

PHOTO/K.A. MACDONALD

### GIRLS HOCKEY

#### Girls tie Marshfield

The Hanover/Cohasset girls hockey team had another barnburner on Monday as they battled Marshfield to a 3-3 tie at Hobomock Arena. The Skipping Indians (5-2-2) got goals from Ari Soldano, Sam Taylor and Callie Hoadley in the game. The girls were scheduled to play Quincy/North Quincy on Wednesday, but that game was postponed due to weather. For more photos of the Marshfield game, see Page 19

Cohasset/Hanover goalie Shea Kearney minds the net against Marshfield.  
STAFF PHOTO/MARK GARDNER



### WRESTLING

## Special season

Grapplers continue to wrestle well

By William Wassersug  
wwassersug@wickedlocal.com

The Cohasset wrestling team has been having a pretty special season, and last week was another good one for the Skippers.

"Cohasset had a good week wrestling," coach Torin Sweeney said. "We beat Rockland 54-12 to improve to 2-0 in the league. Then beat Bristol Aggie 36-22, Duxbury 56-6 and tied Scituate 40-40. Scituate is much improved as they are now 10-1-1."

SEE WRESTLING, 18

### BOYS HOCKEY

## Early admission

### Icemen punch tourney ticket

By William Wassersug  
wwassersug@wickedlocal.com

The Cohasset boys hockey team is having something of a banner season as they charge into the second half already qualified for the MIAA Div. 3 Tournament with a 10-3 record.

In fact, the Skippers, who play Rockland on Saturday night at 6 p.m. at the Rockland Ice Arena, were the first team in Div. 3 South to qualify for the tournament.

Currently, the Skippers are in a first-place tie with Norwell for the South Shore League lead.

Rockland, Hull and Abington are all right behind, with Rockland beating East Bridgewater 3-1 (including an empty netter) on Wednesday.

For the Skippers, it has been a great team experience,

with a strong defensive performance from the entire team.

Liam McHugh is currently No. 3 in the D3 for Goals Against Average with a 1.14 in seven games.

The Skippers have also got excellent goaltending by Brandon Winn.

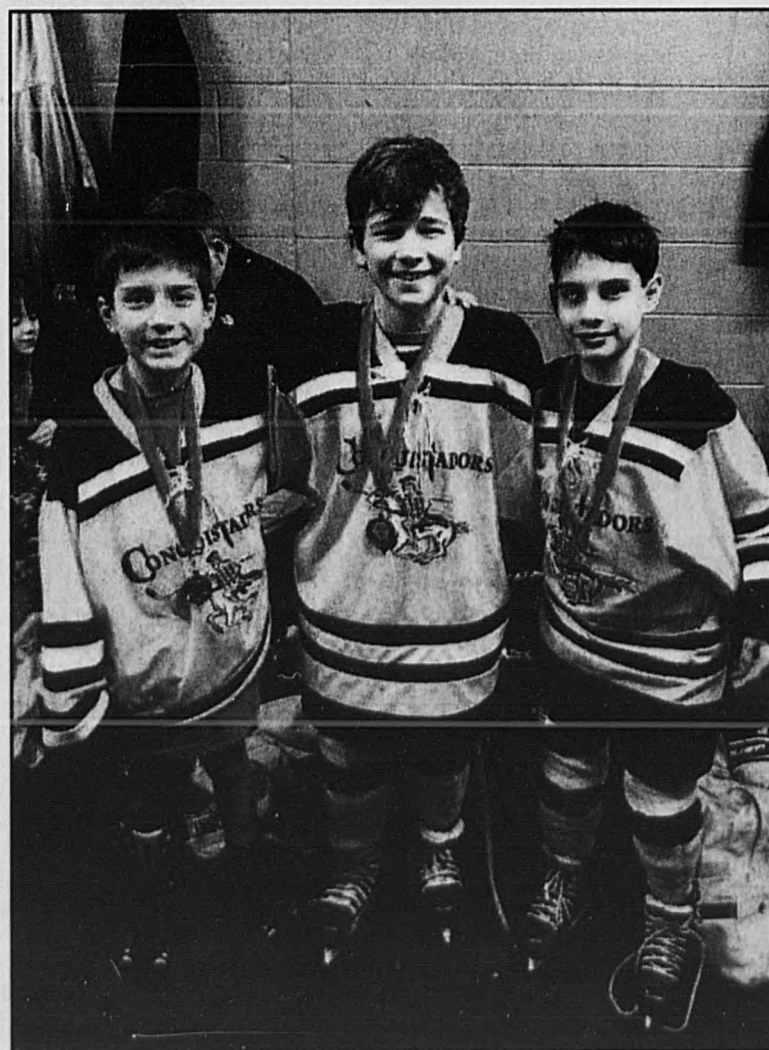
Offensively, Terence Doonan, who recently scored his 100th career point, is No. 6 in the division in scoring, with 32 points, including 17 goals.

Linemate Cole Joslin has 27 points with 10 goals and 17 helpers.

Monday, Cohasset notched a big victory, beating last year's state finalist Swampscott 5-0 in a non-league matchup.

Recently, coach Bob Walsh said he knows his team is a good one, but that it takes

SEE HOCKEY, 18



### YOUTH HOCKEY

Three Cohasset residents participated in the squirt division of the Snowball hockey tournament in Foxboro that ran for three days ending Jan. 1. Pictured from left to right are Blake Martini, Danny Talacci and Joseph Carroll III. Their team, the Conquistadors, won the championship game beating Canton 7-4. The team is made up of players from the South Shore.

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## HOCKEY

## Rangers score Classics victory

South Coastal Hockey League roundup

By Mark Ducharme  
Correspondent

Pembroke's Bob Sideropoulos saved the best for last in his game with the Rangers against the Bruins in the Classics Div. of the South Coastal Hockey League.

Sideropoulos scored in a scramble in front of the net with 37 seconds left to tie the game, 4-4 and scored the only goal of the shoot out to give the Rangers their first win of the Winter Season with a 5-4 come from behind win. He finished the game with three goals and an assist while his linemates, John Sances had a goal with two assists and Lou Sideropoulos had three assists in the game.

Marshfield's Joe Craig also scored for the Rangers, while Mike Martin of Pembroke led the Bruins with two goals and an assist.

John Zimmer of Marsh-

field had a goal and two assists and Dan Sloan added a goal for the Bruins.

Ron DiCecca of Marshfield scored a goal and assisted on another and Rick Welch posted the shutout in the Red Wings 3-0 Classics Div. win over the Maple Leafs. Brian Hurcombe of Pembroke and Tom Pipenbrink added a goal each for the Red Wings.

Kevin Ryan scored the only goal of the shootout as the Black Hawks pulled out a 3-2 win over the Canadiens in their Classics Div. win.

Tony Rota and Pat Mulkern of Pembroke also scored for the Black Hawks while Tom Powers and Cohasset's Tim Curran scored the goals for the Canadiens.

Jim McNeil scored in the second period and Justin Stratton of Marshfield posted the shutout as the Saints held on for a 1-0 win the Whalers in a Legends Div. game.

Jim Donovan, Nate Rasmussen of Hingham, Mike Simon and Ed Burke of Marshfield scored a goal each while Holbrook's Richard Buckley and two assists in the Crusaders' 4-2 Legends Div. win over the Toros.

Dave Currier scored a goal and assisted on another, Norwell's Mark McGreenery had a goal and Paul Brinkman added two assists for the Toros.

Paul Smyth scored two goals, Pembroke's Peter Tamborella and Chris Poudrier added a goal each in the Stingers, 4-2 win over the Sharks in a Legends Div. game. Hanover's Dave Christensen and John Scag had two assists each for the Stingers.

Mike Murphy of Hanover and Art Riccio scored a goal each and Pembroke's Bill Sawtelle had two assists for the Sharks.

## BASKETBALL

Continued from 17

Friday night the team is hoping to fill the gym with

"Skipper pride" to create a home court advantage.

Please come and support the team as this will be, by far, one of the best home games to attend. Bring the family out

and enjoy a quality night of basketball.

*Cohasset Mariner Sports Editor William Wassersug contributed to this story*

## WRESTLING

Continued from 17

The victories last week improved Cohasset to 11-3-1.

The Skippers were scheduled for a big non-league meet against Hingham on Wednesday, but that was postponed and rescheduled to today at 2:30 in Cohasset.

The Skippers have had excellent results from their upper classmen.

"The seniors (126) Harry Helbock, (160) Chandler Skolnick, (170) John Nolan and (195) Steven Maher continue to win and PIN often," Sweeney said. "The juniors are having a great season as 170/180 Matt Froio is 22-2 and 170/180 swingman Hayes Keniley is 12-2."

Sweeney said there have been a few setbacks.

Recently, junior Kyle McK-

night was lost to injury which has hurt the Skippers depth.

"Kyle was beginning to wrestle well and is a big loss to the middleweights," Sweeney said.

There have been some outstanding returns from younger wrestlers, which is always a good sign for the present, but the future as well.

"The Sophomores continue to impress with 140 Sean Mavilia leading the way with a 20-4 record," Sweeney said. "Nick Hall (147) is 15-3 and 134 Cole Sullivan is 12-5. Two other sophomores (152) Jack Osten and (134) Conor Naughton picked up varsity wins last week. Both were coming of injuries and will help tremendously with what little depth we have."

There is also good news for the freshman class.

"Freshman (115) Drew Skolnick and (122) Xander Schu-

bert are winning more often," Sweeney said. "Both winning two matches each in Friday's quad against BA,, Duxbury and Scituate."

At 108, Dan Varney has wrestled well in spot matches, Sweeney added. He also had praise for eighth grader Mike Nolan, who picked up a win Friday and has been gaining experience at 108.

"Cohasset wrestles Hingham at home Friday at 2:30, which will be a tough draw," Sweeney said. "Hingham continues to dominate at the Division 2 level."

Saturday Cohasset will wrestle Norton, the top ranked Division 3 team - and Dighton-Rehoboth in the second match.

On Wednesday, Jan. 29, Cohasset will wrestle Josiah Quincy at 5:30 pm

## HOCKEY

Continued from 17

more than talent and names on a board to win hockey games.

"We can't be deceived into

thinking we're not beatable, that's just not the case. We are all too aware that, even though a team can be the best on paper, if they don't come to play; and play their best game, their season will end as it has in the past."

Walsh said after a pair of losses to Norwell and Abington a few weeks back. "I've got the best team I've had in eight seasons. In past years, I've had some great players, but never a complete team like this one."

## NOTES

Continued from 17

child call Linda Montoya at (781) 829-8585 ext. 260 or visit the website at [www.ssymca.org](http://www.ssymca.org).

## COACHING VACANCY

## JV Lacrosse

Scituate high school is

looking for a JV/Asst. Varsity Boys Lacrosse coach.

Interested applicants should send a resume and a letter of interest to Head Coach, Mark Puzangara at [mpuzangara@scit.org](mailto:mpuzangara@scit.org)

## More vacancies

The following coaching position is available for the spring season at Hingham

## High School:

Junior varsity softball

The spring season will begin on March 17th and end approximately June 1st.

Interested candidates should send their letter of interest and resume to [mconaty@hingham-schools.org](mailto:mconaty@hingham-schools.org)

## ROAD RACE

## 38th Annual Cohasset Road Race by the Sea

## Registration open

On Sunday, April 6th, a 38 year old Cohasset tradition continues with the running of the Cohasset Road Race by the Sea 10K presented by Rotary Club of Cohasset. For some runners, it's the first race of the season and for others, it's their last warm up before the Boston Marathon. No matter what your reason, the views and the fact that all net proceeds go to charity is reason enough to lace up!

Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial

Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot. The walk follows the road race route however it starts and ends at the beach.

The \$30 registration fee will increase to \$35 on March 15, so avoid the fee and ensure the fun.

E-mail [roadracebythesea@gmail.com](mailto:roadracebythesea@gmail.com) if you're interested in sponsoring or volunteering.

The Rotary Club of Cohasset would like to thank 2013 Banner Sponsors, RW Rosano, Graham Waste Services, ColoSpace, Suburban



Contract Cleaning, Inc. and Pilgrim Bank for their generosity and partnership. Register at [roadracebythesea.com](http://roadracebythesea.com) "Like" us on facebook.

## BOOK SIGNINGS

## Former Bruin Nilan to visit Hingham and Kingston

Boston Bruins fans will have the opportunity to meet former defenseman Chris Nilan when he returns to his home town for his book tour. Nilan will be signing copies of his new autobiography Fighting Back: The Chris Nilan Story in Boston, Newton Highlands, Hingham, Andover, Walpole and Kingston.

He will be making local stops in Hingham and Kingston, Jan. 31 and Feb. 2.

Friday, Jan. 31, Nilan will be at Barnes & Noble Hingham at 96 Derby Street, at 6 p.m.

He will be at the Book Shack at 101 Independence Mall in Kingston, Sunday, Feb. 2 at 11:30 a.m.

**About Fighting Back: The Chris Nilan Story:**

Chris Nilan, who grew up in

the tough and gritty Irish enclave in Boston, was a feared enforcer for the Montreal Canadiens, the Boston Bruins, and the New York Rangers and a Stanley Cup champion never afraid to go into the corners or take off his gloves. He was a valued teammate whose very presence on the ice affected the way the game was played. As an enforcer and as a teammate, Nilan ranks among the greatest of all time; when the cheering stopped, however, Chris Nilan did not do well. The same qualities—his aggressiveness and high-emotion style—that proved so valuable on the ice did not serve him well when his career ended. Nilan turned to drugs and alcohol to dull his pain and nearly died from an

overdose. Fighting Back: The Chris Nilan Story is a fascinating and troubling exposé of the booze, bills, and drugs that destroy so many athletes after their careers are over. But it's also a story of triumph, as Nilan has been the victor in his fight against his demons.

**About the Author:** Chris Nilan played right wing in 688 NHL regular season games for the Montreal Canadiens, the Boston Bruins, and the New York Rangers. He racked up more than 3,000 penalty minutes during his pro career and was the subject of the documentary The Last Gladiator. He lives in Montreal.

More info: [www.triumphbooks.com/ChrisNilan](http://www.triumphbooks.com/ChrisNilan)

## YOUTH BASKETBALL

## South Shore Wolf Pack

## Tryouts

The South Shore's largest and most successful AAU basketball program is happy to announce tryouts for the 2014 Spring AAU Season.

After spending the entire 2013 Fall AAU season in our new home, the University Sports Complex, we are very excited for the growth we will see in our first spring at The U, New England's largest indoor basketball complex!

The Wolf Pack enjoyed much success last spring capturing over 75 tournament championships including 5 state titles.

**2014 Boys and Girls Spring AAU Tryouts**

**Boys Tryout Dates & Times**

**3rd grade**

1st tryout-2/15/2014 1:00-2:30 p.m.

2nd tryout-2/22/2014 1:00-2:30 p.m.

**4th grade**

1st tryout-2/15/2014 1:00-2:30 p.m.

2nd tryout-2/22/2014 1:00-2:30 p.m.

**5th grade**

1st tryout-2/15/2014 2:30-4:00 p.m.

2nd tryout-2/22/2014 2:30-4:00 p.m.

**6th grade**

1st tryout-2/15/2014 2:30-

4:00 p.m.

2nd tryout-2/22/2014 2:30-4:00 p.m.

**7th grade**

1st tryout-2/15/2014 4:00-5:30 p.m.

2nd tryout-2/22/2014 4:00-5:30 p.m.

**8th grade**

1st tryout-2/15/2014 5:30-7:00 p.m.

2nd tryout-2/22/2014 5:30-7:00 p.m.

**9th grade**

1st tryout-2/15/2014 5:30-7:00 p.m.

2nd tryout-2/22/2014 5:30-7:00 p.m.

**10th grade**

1st tryout-2/22/2014 11:00 a.m.-1:00 p.m.

2nd tryout-3/1/2014 4:00-6:00 p.m.

**11th grade**

1st tryout-2/22/2014 11:00 a.m.-1:00 p.m.

2nd tryout-3/1/2014 4:00-6:00 p.m.

**Girls Tryout Dates and Times**

**3rd grade**

1st tryout-2/16/2014 10:00-11:30 a.m.

2nd tryout-2/23/2014 10:00-11:30 a.m.

**4th grade**

1st tryout-2/16/2014 10:00-11:30 a.m.

2nd tryout-2/23/2014 10:00-11:30 a.m.

**5th grade**

1st tryout-2/16/2014 10:00-11:30 a.m.

2nd tryout-2/23/2014 10:00-11:30 a.m.

**6th grade**

1st tryout-2/16/2014 10:00-11:30 a.m.

2nd tryout-2/23/2014 10:00-11:30 a.m.

10:00-11:30 a.m.

**5th grade**

1st tryout-2/16/2014 11:30 a.m.-1:00 p.m.

2nd tryout-2/23/2014 11:30 a.m.-1:00 p.m.

**6th grade**

1st tryout-2/16/2014 11:30 a.m.-1:00 p.m.

2nd tryout-2/23/2014 11:30 a.m.-1:00 p.m.

**7th grade**

1st tryout-2/16/2014 1:00-2:30 p.m.

2nd tryout-2/23/2014 1:00-2:30 p.m.

**8th grade**

1st tryout-2/16/2014 1:00-2:30 p.m.

2nd tryout-2/23/2014 1:00-2:30 p.m.

**9th grade**

1st tryout-2/16/2014 1:00-2:30 p.m.

2nd tryout-2/23/2014 1:00-2:30 p.m.

**10th grade**

1st tryout-2/23/2014 2:30-4:00 p.m.

2nd tryout-3/2/2014 2:30-4:00 p.m.

**11th grade**

1st tryout-2/23/2014 2:30-4:00 p.m.

2nd tryout-3/2/2014 2:30-4:00 p.m.

A one-time \$25 tryout fee must be paid prior to trying out for a team

# Professional

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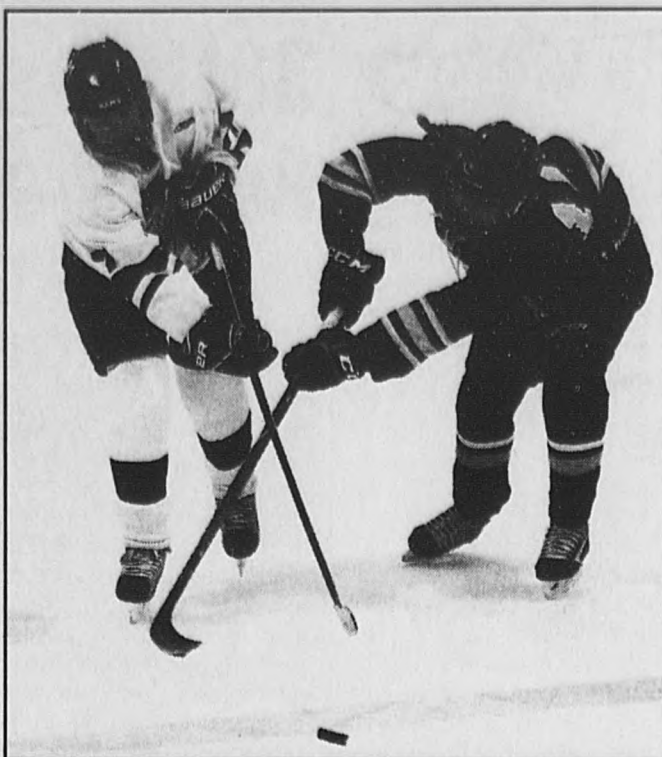


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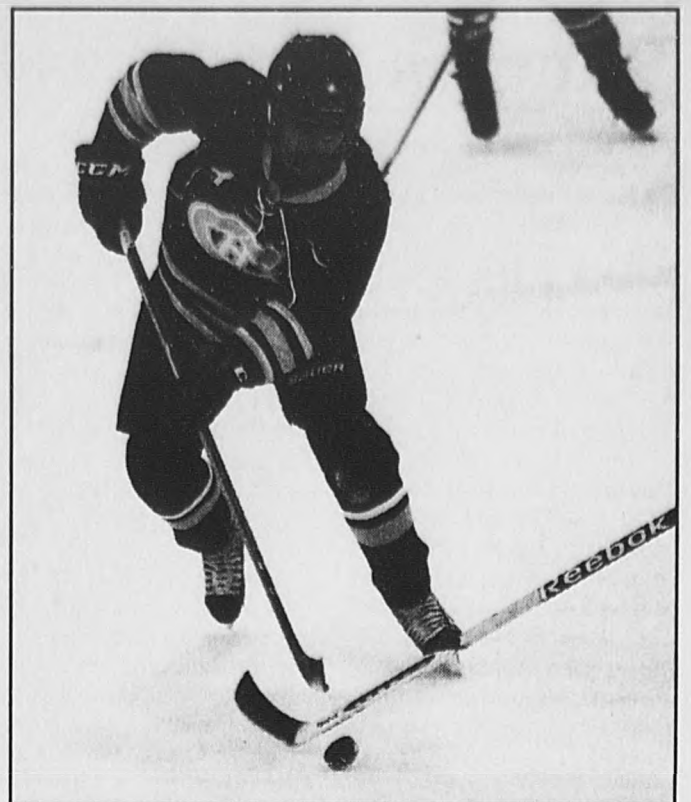




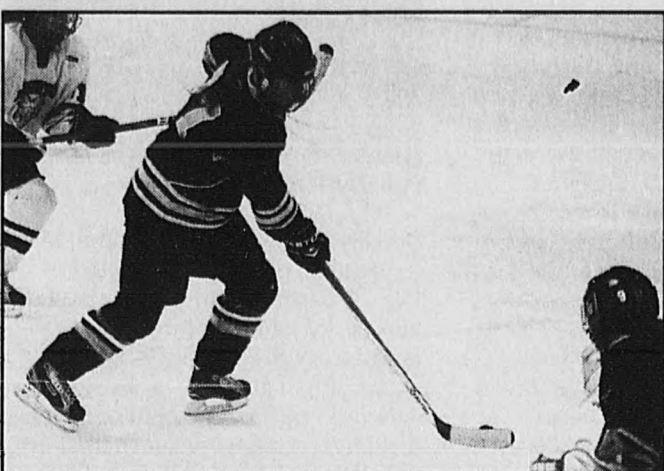
Cohasset's Elizabeth Suzedell skates after the loose puck.  
STAFF PHOTOS/MARK GARDNER



Cohasset's Ellie Jackisch tangles with Marshfield's Molly Sullivan during their 3-3 tie on Monday.



Cohasset's Sarah Twinney looks to win back the puck from a Marshfield opponent.



Hanover's Allie Siroonian brings the puck down the ice against Marshfield.



Cohasset/Hanover goalie Shea Kearney minds the net against Marshfield.



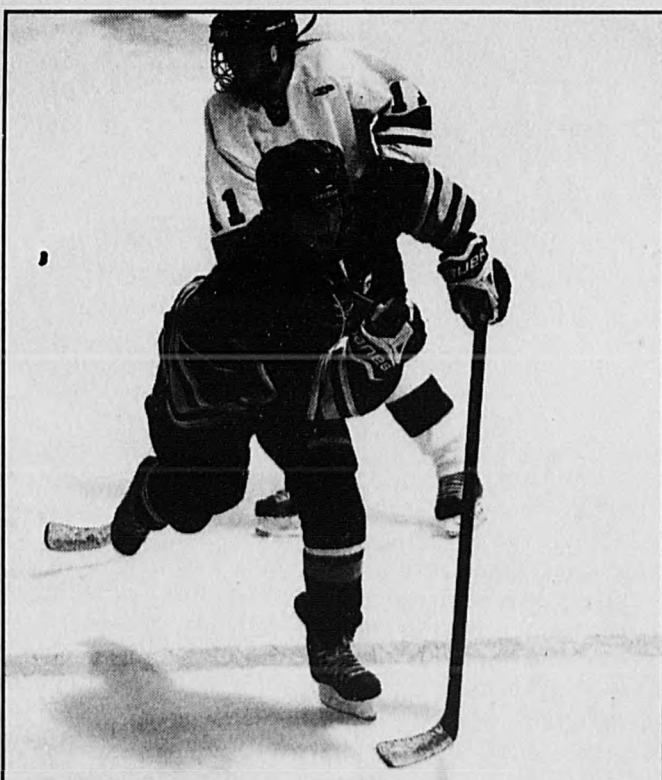
Mckenzie Dunphy brings the puck around the back of the net followed closely by Marshfield's Molly Sullivan.



Marshfield's Rachel Perry-Gore battles for the loose puck with Alexandra Russell.



Alexandra Russell (Coh) battles her way through the Marshfield defense on Monday.



Meredith Corry (Coh) chases the puck up the ice against Marshfield.

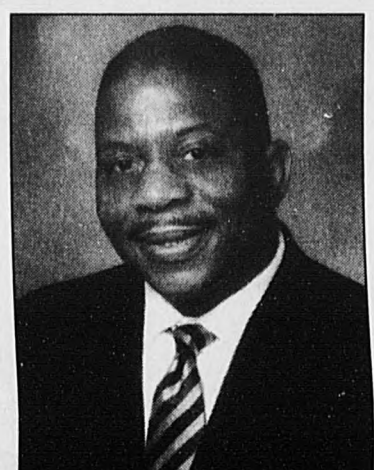


Cohasset/Hanover head coach, Deb Beal, top, far right, speaks to her players during a third period time out.

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## What You Should Know About Financial Aid

By J. Keith Motley, PhD, UMass Boston Chancellor

As a parent and educator, I know that applying for financial aid to help pay for college can seem onerous.

At UMass Boston, we award more than \$145 million in financial aid annually to our students. Our staffers are experts on financial aid and on how to apply for assistance, so I thought I'd pass along some of their tips:

The Free Application for Federal Student Aid (FAFSA) is now available for students applying for financial aid for Fall 2014. The FAFSA is the first step in applying for financial aid from all sources: federal, state, and institutional funds. Complete it online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

Completing the FAFSA is free, but you will need to electronically sign the application using a federal PIN number. Apply for your PIN early at [www.pin.ed.gov](http://www.pin.ed.gov).

The FAFSA provides colleges and universities with the information they need to determine your eligibility for grants and waivers (free money), student loans (money that must be repaid), and federal work-study (money you earn working part-time on campus). You can complete just one FAFSA and have it sent to as many schools as you like; UMass Boston's school code is 002222.

Filing the FAFSA has become a little easier: An IRS Data Retrieval Tool (DRT) allows you to pull financial information into the FAFSA directly from the Internal Revenue Service. To use this tool, you must wait two weeks after filing your federal tax return electronically, or six to eight weeks if you are filing by mail. To use DRT, you must be eligible for a tax refund, with a tax filing status of single, married filing jointly, or head of household.

UMass Boston requires only the FAFSA. If you are applying to other colleges and universities, however, they may also ask for a CSS Profile Application, which requires a fee. Check the financial aid websites for each school you are interested in for application requirements.

To receive the maximum aid available to you, it is important that you submit your FAFSA by the school's deadline. UMass Boston's priority deadline is March 1 for new students. You should not wait for an admission decision before applying for financial aid. Submit your FAFSA before March 1!

Upon receiving your FAFSA, the Financial Aid Services Office will provide you with a financial aid award letter that details the types and amount of aid you are eligible to receive. Your awards may include student loans, which you are not required to accept. If you don't need some or all of a loan, you should decline it. Declining even a small portion of your loan offer will make a big difference in your monthly loan repayment upon graduation.

For help with the FAFSA, be sure to take advantage of FAFSA Days, January 29 and February 23 at 1 p.m. Financial aid experts will be available at locations across the state to provide free assistance in completing the FAFSA. Visit <http://www.fafsaday.org/locations.php> to find a site near you.



[www.umb.edu](http://www.umb.edu)



# YOUR NEWS

## HOW TO SUBMIT

Send your photos and news to Mary Ford, 73 South St., Hingham, MA 02043  
cohasset@wickedlocal.com or fax to 781-741-2931.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com

## Chittick exhibits at NE Watercolor Society show

Local artist JoAnne Chittick will be submitting a painting to the annual Signature Members' Show of the New England Watercolor Society, to be held at the Guild of Boston Artists, 162 Newbury St., in Boston.

The exhibit will include the very best of contemporary and classic watercolors and runs during the entire month of February 2014. The exhibit opens with a reception on Saturday, Feb. 1 from 2 to 5 p.m. There will also be painting

**The exhibit opens with a reception on Saturday, Feb. 1 from 2 to 5 p.m. There will also be painting demonstrations given by several signature artist members during the month.**

demonstrations given by several signature artist members during the month. Check the website for details at [www.newenglandwatercolorssociety.org](http://www.newenglandwatercolorssociety.org). All events are free and the public is invited to attend. The Guild's hours are Tuesday through Saturday 10:30 a.m.

to 5:30 p.m.

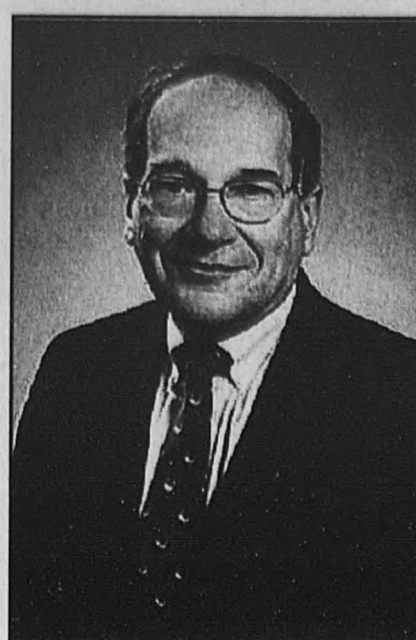
The New England Watercolor Society was founded in 1885 and is one of the oldest and most prestigious watercolor societies in America. For more information, visit [www.newenglandwatercolorssociety.org](http://www.newenglandwatercolorssociety.org)

## Derensis recognized as a Superlawyer, ninth time

Paul DeRensis, Cohasset Town Counsel, was named in November 2013 as one of 2013's New England Super Lawyers along with four other members of his firm, Mr. DeRensis' practice is concentrated in the area of municipal law, and he was one of only 10 lawyers in New England given recognition as a Super Lawyer in the government/cities/municipalities law area throughout the entire six state New England region. This is the ninth time he has been so recognized.

Mr. DeRensis is a graduate of Harvard College and Harvard Law School, and is admitted to practice in New York and Massachusetts and in various federal courts including the United States Supreme Court. He serves as Town Counsel to a number of Massachusetts municipalities. Mr. DeRensis has served as Cohasset's Town Counsel for 17 years. Mr. DeRensis serves on the Board of Directors of the Massachusetts Municipal Association. He also serves as a member of the State Board of Medicine and a member of the State Local Government Advisory Commission.

All New England Super Lawyers are listed in November's issue of Boston Magazine. The list of 2013 Super Lawyers is assembled by Thomson Reuters in conjunction with Boston Magazine based on



Paul DeRensis

peer nominations by attorneys, independent research conducted by the Thomson Reuters research staff, and peer evaluations by practice area across the six New England states aimed at selecting as Super Lawyers the top 5 percent of New England attorneys in more than 60 practice areas and reflects both peer recognition and professional achievement verified through careful selection process to determine New England's best.

DON'T MISS THIS

## Dollhouse exhibit extended

The Cohasset Historical Society knows it's the little things that count. The society is expanding the popular Dollhouse Exhibit through the month of February.

There are several dollhouses on display in the Pratt Building, most of which were built in Cohasset. Items from the society's vast textile collection showcase the era of each house.

The exhibit highlights Carlo

**The exhibit highlights Carlo and Barbara Conte's dollhouse furniture and Marion Winsor's "Little Doll Company," which was based in Cohasset.**

and Barbara Conte's dollhouse furniture and Marion Winsor's "Little Doll Company," which was based in Cohasset.

The dollhouse exhibit runs through February at the Pratt Building, 106 South Main Street,

Cohasset, from 10 a.m. to 1 p.m., Monday through Friday.

For more information, call 781-383-1434, email [cohassethistory@yahoo.com](mailto:cohassethistory@yahoo.com), or visit online at [www.cohassethistoricalsociety.org](http://www.cohassethistoricalsociety.org).

**WICKED LOCAL**

[www.wickedlocalcohasset.com](http://www.wickedlocalcohasset.com)

## FREEZE FRAME: Send us your winter fun/snow shots!

2014 is off to a snowy start! Whether you're digging out, sliding down your favorite sledding hill or snowblowing the driveway, show us how you're weathering this winter by sending us your snow/winter fun photos.

No snow? Send us photos of the winter fun you're having without the white stuff.

Please include a caption, identifying people in the photos and the location where it was taken. We'll publish your winter pics on the Your News page of your weekly newspaper and post them in online photo galleries on your Wicked Local website.

How to submit: Log on to your Wicked Local website, click on the headline

"FREEZE FRAME: Send in your winter fun/snow shots!" and click the link that reads: Send us your winter fun photos.



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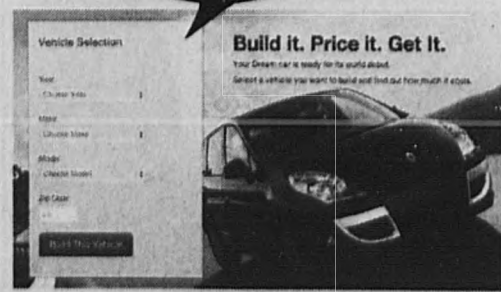
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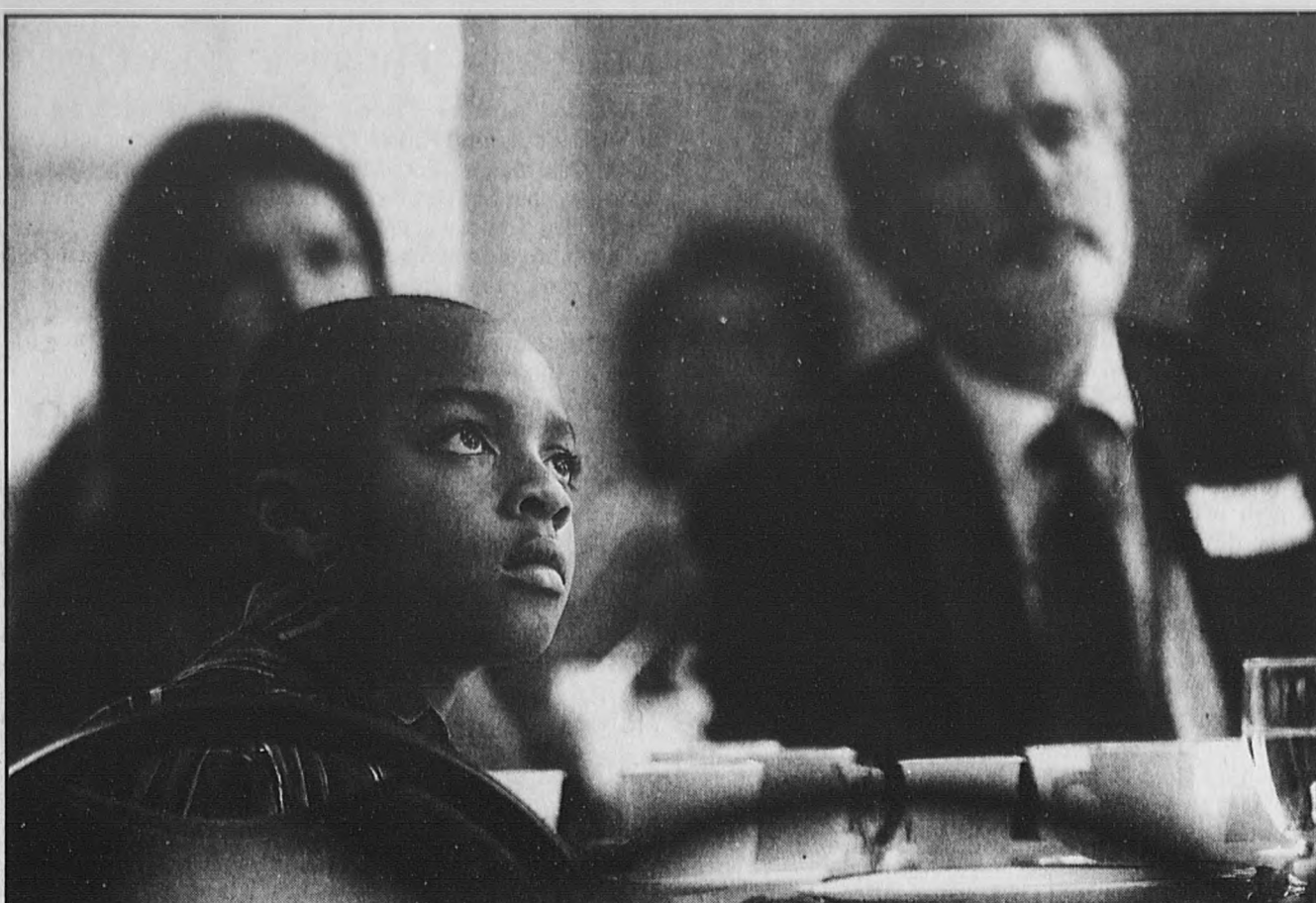
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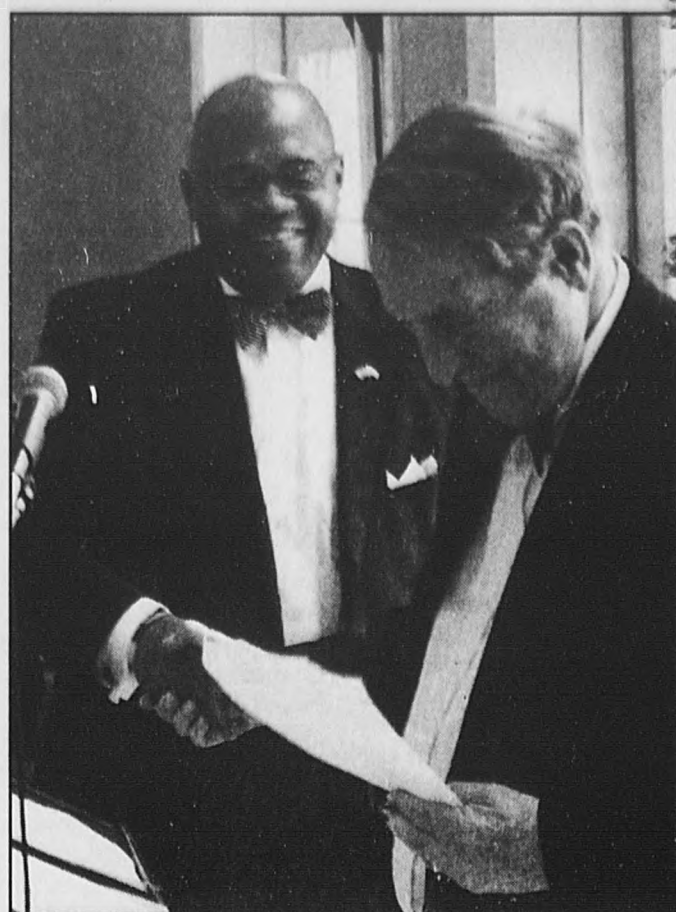
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Miles Cowan listens intently as his father, Sen. William Cowan, addresses the large gathering. Seated with Miles is Selectmen Chairman Fred Koed.



Ned Tebbetts, right, introduces guest speaker Sen. William Cowan.

## MLK REMEMBERED

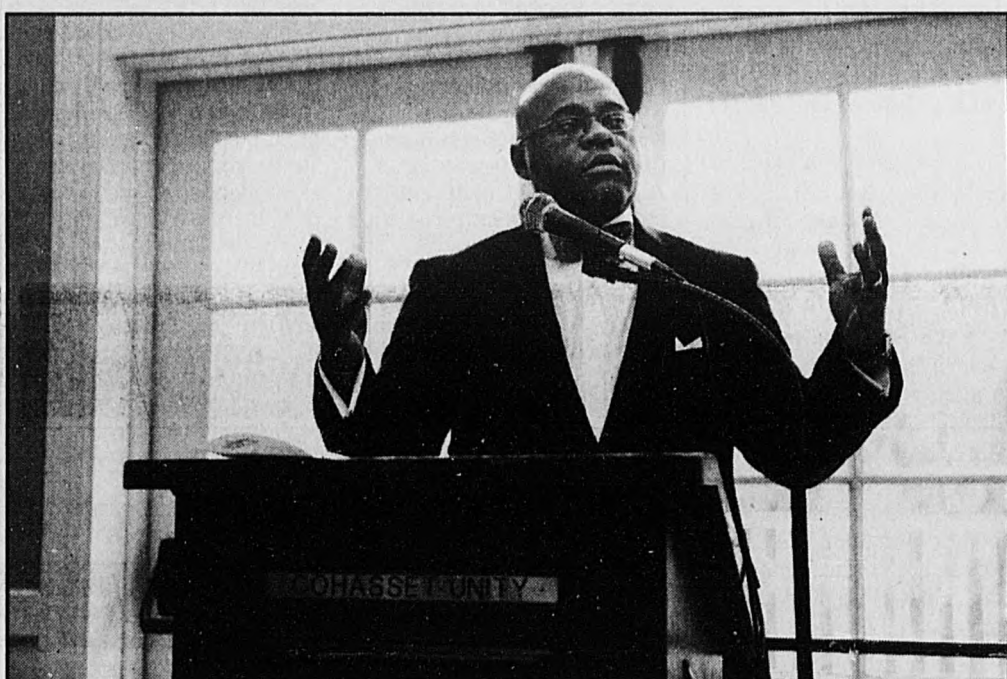
The 2014 Dr. Martin Luther King Jr. Breakfast was held Monday, Jan. 20, at the Parish House, 23 North Main St. This year's honored guest and keynote speaker was Senator William "Mo" Cowan. Senator Cowan represented the Commonwealth of Massachusetts as interim United States Senator, filling the vacancy created when John F. Kerry was appointed United States Secretary of State. This annual, well-attended, event is celebrated by the local community.

*Staff photos by Chris Bernstein*

Check these photos out in color, online at: [wickedlocalcohasset.com](http://wickedlocalcohasset.com)



The First Parish chorus leads the assembly in song, "There's Honey in The Rock."



Senator William Cowan addresses the large gathering at The First Parish hall for the 12th annual MLK Breakfast speaking at length about the current state of inequality and poverty in America.



Diana Kornet (L) and Patricia Williams (R) enjoy the MLK breakfast as they await guest speaker Sen. William Cowan.



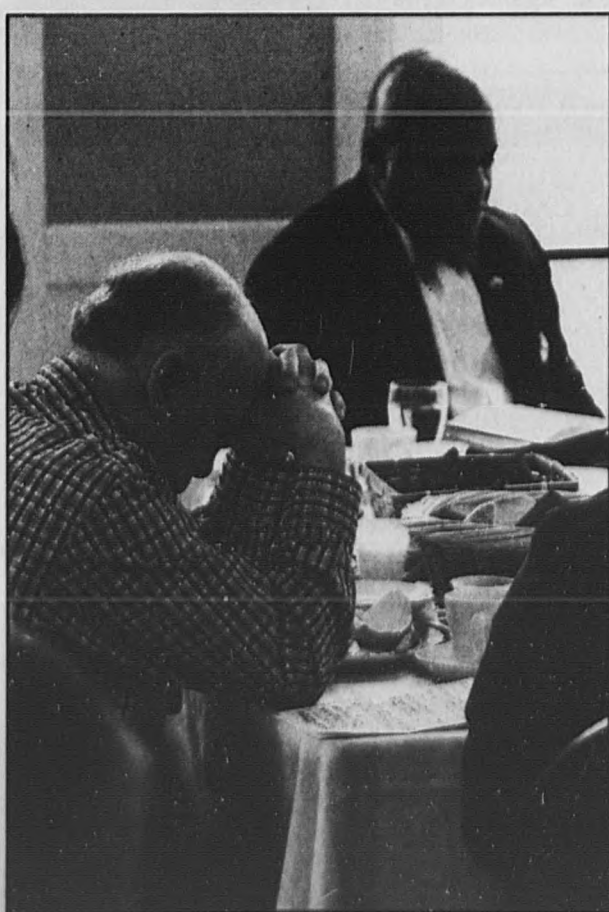
Pleased with the large turnout, are organizers L-R, Bill Bell, Chartis Tebbetts, Connie Afshar, Rev. Jill Cowie, and Susan Etkind.



L-R, Linda Fechter, John Kornet, Pete Parker, and David McMorris, volunteers in the First Parish Hall kitchen, keep the hot food coming for the many guests.



Resident Jack Bryant, who served with the Tuskegee Airmen and was last year's keynote speaker, was in attendance for the 12th annual MLK Breakfast.



John Chapman (L) joins in a moment of prayer with guest speaker Sen. William Cowan (R) in the crowded First Parish House hall.



Senator William Cowan addresses the large gathering at The First Parish hall for the 12th annual MLK Breakfast.



## CONGREGATION SHA'ARAY SHALOM

## Looking for calorie free 'Taste?'

By Rabbi Shira Joseph and  
Cantor Steven Weiss  
Special to the Mariner

"Taste of what?" you might ask. "A Taste of Judaism." On three consecutive Tuesdays, beginning on Feb. 4, at 7:30 p.m., the synagogue community and the community at large will have a unique opportunity to study the foundations of Judaism. This program is tailored to speak to Jews who would like a refresher course, interfaith families to better understand a partner's faith, and Christians who would like an overview as of what Jews believe. Each session stands on its own. Together we will explore the three major concepts of Judaism – God, Torah and Israel, both the people Israel – that is Jews, and the land of Israel. We affectionately refer to these three as our Jewish trinity.

• Session 1: Feb. 4 – God: God's existence is taken as axiomatic. Belief in God is central. The primary statement of Jewish faith is Deuteronomy 6:4 called the Sh'ma, the first Hebrew word. It says: "Hear, O Israel, the Lord is our God, the Lord is One." This statement means several things: 1) There is only one God, not many as the pagans believed. No other being participated in creation. 2) God is whole complete, indivisible, and cannot be adequately described in human terms. 3) God is the only one to whom we offer praise, God is One meaning God alone, only God.

• Session 2: Feb. 11 – Torah: Torah is known as the five books of Moses but is expansive to include the entire Tanakh. This is an acronym for Torah, Neviim (prophets) and Ketuvim (writings), our Hebrew bible. Old Testament is sim-

ilar to our Tanakh but the books are in different order, verses are different and some translations are different. The essential meaning of Torah is not law, as it has often been translated, but rather instruction or direction. God has revealed the divine will to humanity and it is to be discovered in the Torah through deep study and exploration. Studying is perhaps the most essential Jewish act. The ancient rabbis said that in studying Torah (inclusive of all of Jewish learning) we are searching to understand what it is that God would have us do. They said that such study leads to action.

• Session 3: Feb. 18 – Israel: Israel – the land promised to Abraham, named after Jacob-Israel and felt to be a place of special sanctity and possibility. A land flowing with "milk and honey." The people Israel are the descendants of Jacob and

those who have chosen to join themselves to the Jewish people by conversion. Jews have lived in the land for over 3200 years. The people Israel have a unique relationship with God, which was sealed in the covenant at Sinai. Stated several times – "You will be my people and I will be your God."

Judaism is a comprehensive way of life affecting every aspect of living – waking to sleeping, birth to death, all facets of relationships family, friends, business, strangers, everyday functions and special life events.

Come broaden your knowledge and join us for a "Taste of Judaism." No calories, we promise.

The series will take place at Congregation Sha'aray Shalom, 1112 Main St., Hingham. For more information, call 781-749-8103

## Don't miss 'Fridays at First Parish'

As part of its series of Family Fun Nights, First Parish on the Common is pleased to announce that Mr. Dykas of the Osgood School will present a fun program of dance and games for the entire family on Friday, January 31st in the Parish House at 25 North Main St. (home of the Carriage House Nursery School)! The evening will commence at 5:30 p.m. with pizza and salad (BYOB for adults), followed by Mr. "D" himself at approximately 6 p.m.

First Parish is asking for a donation of \$5 per family to

partially offset the cost of food; Mr. D is generously donating his time (any donations above \$5 will be gratefully accepted and will be given to a local charity). This is a perfect opportunity to avoid cooking a Friday dinner by getting out of the house so that children can play with each other and you, the parents!

Please RSVP to [admin@firstparishcohasset.org](mailto:admin@firstparishcohasset.org) by Thursday, Jan. 30th, so that we may obtain the correct amount of food.

## WORSHIP GUIDE

**Beechwood Congregational Church**, 51 Church Street in Cohasset, holds Sunday morning worship service at 9:30 guided by Pastor Matt Dorn. Youth ministry is offered during service. Also, a men's Bible study with free breakfast is open to the public Thursday mornings at the church at 6:45 a.m. Starting June 7, enjoy the new "Ground Level Coffee-house" with live music at 7 p.m. on the first Friday of each month. For more information see [beechwoodcc.org](http://beechwoodcc.org).

**First Parish Unitarian Universalist on Cohasset Common**, 23 North Main St. (Parish House), 781-383-1100. [www.firstparishcohasset.org](http://www.firstparishcohasset.org) Pastor is the Reverend Jill Cowie; RE Director Laura Hastings; Music Director: Allegra Martin. Organist: Sylvia Berry. Parish Administrator: Sandy Bailey. Parish Committee Chair: Jane Goedecke.

We welcome all to our inclusive spiritual community. We affirm our Unitarian Universalist Principles and put them into action by worshipping together, caring for one another, and working for a safe, just, and sustainable world. Worship services are held at 10 a.m. on Sundays.

**Nativity of the Virgin Mary Church**, 811 Jerusalem Road, 781-383-6380. Father Constantine Cambas. Office hours are 9 a.m. to 1 p.m. Denomination: Greek Orthodox. Sunday Services: Matins 9 a.m. Divine Liturgy: 10 a.m. Liberal use of English language. Sunday Church School 11:15 a.m. Fellowship hour follows Liturgy; Children's Sermon Sundays; Weekday services during Holy Great Lent: Wednesdays: Presanctified Divine Liturgy at 7 p.m.; Friday: The Akathist Hymn, 7:30 p.m.; Bible Study: Wednesdays, 8 p.m. Greek language school: Mondays and Fridays, from 4 to 5:30 p.m.

**St. Anthony Roman Catholic Church** is at 129 South Main St., Cohasset. Pastor is the Rev. John R. Mulvehill. Permanent Deacon is Paul Rooney. Weekday Masses: Monday through Friday, 7 a.m. and Saturdays, 8 a.m. Weekend Masses: Saturdays, 5 p.m.; and Sundays, 8 a.m., 9:30 and 11:30 a.m. Coffee and fellowship in the Parish Center follows the 8 a.m. Sunday Masses. Sacrament of Reconciliation (confessions): Saturdays, from 4:15 to 4:45 p.m., and by request. First Friday of the month: Morning Mass at 7 a.m.; Adoration and Benediction from 7:30 a.m. to noon; Mass at noon. For information on parish events, call 781-383-0219. For religious education information call 781-383-0630. For more information, visit the Web site at [saintanthonycohasset.org](http://saintanthonycohasset.org).

**Second Congregational Church**, 43 Highland Ave. If you live on the South Shore and you're looking for a church home we encourage you to join us on Sunday mornings. September through mid June: Service (with choir) begins at 10 am in the sanctuary with Nursery care and Sunday School for age's pre-K through 8th grade. Immediately following the 10am service you're invited to a coffee-fellowship hour in Bates Hall. Youth groups for middle and senior high school children are available. We are an open, welcoming church family. We enjoy periodic book/Bible/topical discussion groups in addition to annual church wide events such as the Strawberry Festival, Christmas Craft Fair, Quilt Show and Appalachia Service Project.

For more information please call us at 781-383-0345 or visit us on line at [www.2ndcc.org](http://www.2ndcc.org)

**St. Stephen's Episcopal Church** is an inclusive, Christ-centered community committed to exploring the intersection of our faith and our lives. We invite you to join us on Sunday mornings and through a variety of special programs during the week. All are welcome to worship God with us at St. Stephen's! AA meets four times a week at St. Stephen's: Sundays at 7 p.m., there is a Closed Big Book Study. Tuesdays there is a Women's step meeting at 6:30p.m. and a closed discussion meeting at 8 p.m. Fridays at 7 p.m. there is a Beginner's meeting. All meetings take place in the Watermelon Room at the church office. Please call the church office at (781) 383-1083 or visit [ststephenscohasset.org](http://ststephenscohasset.org) for more information.

**Vedanta Centre**, 130 Beechwood St., 781-383-0940. Denomination: Vedanta, an Indian philosophy which honors all world religions. Clergy: Rev. Dr. Susan Schrager. Sunday morning, 11 a.m. Refreshments and fellowship after the service. Thursday Meditation and Study Class from 7 to 8 p.m.

**Glastonbury Abbey**: 16 Hull St., Hingham; 781-749-2155; [www.glastonburyabbey.org](http://www.glastonburyabbey.org). Masses and Worship: All are welcome! Monday through Saturday: 6:30 a.m. - Vigils (end of night prayer), 7:45 a.m. - Lauds (morning praise), 12:00 noon - Mass, 5:15 p.m. - Vespers (evening prayer), 7:45 p.m. - Compline (night prayer); Sundays: 6:30 a.m. - Vigils, 7:45 a.m. - Lauds, 9:30 a.m. - Mass, 12:45 p.m. - Midday Prayer, 5:15 p.m. - Vespers, 7:45 p.m. - Compline. **Upcoming events: SUNDAY SUPPER**: Jan. 26, 4:30 p.m. Abbey Conference Center. Monthly supper for those living alone or in difficult circumstances.

## OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

## Norma G. Telesco

HINGHAM – Norma Grace (Kettels) (Roelke) (Petersen) Telesco of Hingham, formerly of Cohasset, passed away Dec. 15, 2013, at the age of 94, surrounded by loving family and friends.

Norma is survived by her children, Gail Petersen Bell and her fiancé Stephan Bartlett of Hingham and Hull, Gary Roelke and his wife Patricia of Charlotte, N.C.; daughter-in-law, Kay Roelke of Ridgewood, N.J.; grandchildren, Christopher Bell, Cheryl Finger, Jody Van Houten, Karen McCloskey, Brian and Jason Roelke; and thirteen great-grandchildren. She was predeceased by her loving son, Edward Wayne Roelke.

Memorial celebration was held at the Unitarian Church on the Cohasset Common, 23 North Main Street, Saturday,



Norma G. Telesco

Jan. 18, 2014, at 11 a.m. Luncheon followed at the Parish House.

Donations in Norma's memory may be made to Care Alternatives Hospice of Massachusetts, 100 Locke Drive, Marlborough, MA 01752.

Full obituary previously published in December. For information and online condolences visit [www.richardsongaffeyfuneralhome.com](http://www.richardsongaffeyfuneralhome.com).



Richardson-Gaffey  
Funeral Home  
781-545-0196

## Frances H. Emanuello

COHASSET – Frances H. (Barbuto) Emanuello, age 97, of Cohasset, died peacefully Jan. 13, 2014, at home surrounded by her family. Beloved wife of the late Anthony R. Emanuello, she was the devoted mother of Anthony P. Emanuello of Cohasset, Albert V. Emanuello and wife Lucia of Hingham, Jeanette F. Emanuello of Cohasset; sister of the late Pauline Rosano, James P. Barbuto, and Anthony G. Barbuto; grandmother of Albert Jr., Lynica, Brian and Lisa Emanuello.

During World War II, Frances worked at Greenfields Knitting Mills in W. Hingham for 10 years. She was also a member of the Hull Street Neighborhood Club and The Sons of Italy, Hingham. Frances was a loving grandmother who enjoyed cooking, gardening and knitting.

A funeral Mass was celebrat-



Frances H. Emanuello

ed Monday, Jan. 20, 2014, at 10 a.m. in St. Anthony Church, Cohasset. Visiting hours were Sunday, Jan. 19, from 12-3 p.m. in

McNamara-Sparrell Funeral Home, 1 Summer St. (across from St. Anthony Church), Cohasset. Interment Woodside Cemetery, Cohasset.

Donations to honor Mrs. Emanuello may be made to the South Shore Visiting Nurses, 30 Reservoir Park Drive, Rockland, MA 02370.

For an online guest book, please visit [www.mcnamara-sparrell.com](http://www.mcnamara-sparrell.com).



781-383-0200

HULL – Helen Maria Wilson, age 77, of Hull, passed away Jan. 19, 2014.

She was born to the late Frederick Hutchinson and Kathleen Clifford Hutchison, May 31, 1936, in Cambridge.

Helen grew up in Somerville with her family and eventually went to work at the New England Telephone Company where she met her surviving husband, Leland Wilson.

Helen and Leland enjoyed over 50 years of marriage together and she was a devoted wife and mother to her family.

She lived on the South Shore for many years including Cohasset, Scituate and Hull and was an active member of her gourmet group for several years from which she developed strong lasting friendships.

Helen will be missed for her compassion, her unconditional love for her family and her unwavering spirit.

Helen raised three children and is survived by Barbara Bearden of Hull, Leland Wilson

Jr. of Jupiter, Fla., and Elizabeth Blauner of Valparaiso, Ind. She is also survived by twelve grandchildren who were of great pride to her. Helen is survived by her sisters, Kathleen, Sheila and Maureen with whom she particularly cherished her visits to Boston and trips on the MBTA. She was predeceased by two brothers Clifford and Frederick.

A funeral Mass was celebrated Thursday, Jan. 23, 2014, at 10 a.m. in St. Anthony Church, 10 Summer St., Cohasset. Visiting hour was Thursday from 9-10 a.m., prior to the Mass, in McNamara-Sparrell Funeral Home, 1 Summer St. (across from St. Anthony Church), Cohasset.

Donations to honor Helen may be made to American Diabetes Assoc., 10 Speen St., 2nd Floor, Framingham, MA 01701. For an online guest book and more, please visit [www.mcnamara-sparrell.com](http://www.mcnamara-sparrell.com).



781-383-0200

## Sonja M. Cahill

COHASSET – Sonja Maria (Johannsdottir) Cahill, of Cohasset, died Monday, Jan. 13, 2014, at South Shore Hospital after a lengthy illness. She was 77.

Born Sept. 18, 1936, in Reykjavik, Iceland. Sonja was the devoted wife of the late James E. Cahill whom she met in Denmark where she was in nursing school and he was a member of the United States Army. Shortly following their marriage in 1958, they came to the United States eventually moving to Cohasset where they resided for 50 years.

Mrs. Cahill is predeceased by her son James E. Cahill III. She is survived by her loving children, Gerda Sullivan and her husband Michael of Marshfield who cared for her during her illness, Kristin Murphy and her husband Bret of Raleigh, North Carolina and Maria Desmond and her husband Larry of Marshfield. Sonja also leaves her brothers Orrn and his wife Edda, along with Ottar and his wife Gudbjorg all of whom reside in Iceland. Amma was the proud grandmother of six devoted grandchildren, Christopher and Michael Sullivan of South Boston, Brendan Sullivan, a student at Boston College, Cara Murphy of Raleigh and Megan and Emma Desmond of Marshfield. She is also survived by many nieces and nephews.

When first arriving in the United States, Sonja was a nursing assistant at Leonard Morse Hospital where she met a lifelong friend, Irene Jones. After moving to Cohasset she worked at South Shore Hospital for 35 years.

She was an ardent lover of Cohasset's Sandy Beach, sewing, quilting, gardening,

reading and traveling to Iceland to visit her mother, father, along with her brothers and their families. Her favorite pastime evolved into spending time with her grandchildren.

Sonja's family would like to thank the Da Vita Dialysis group who cared for their mother for 7 1/2 years, South Shore Hospital's staff for their loving care, the Cohasset Paul Pratt Library and the Ventress Memorial Library in Marshfield for supplying plentiful books during the years of Sonja's illness. Their thanks as well to Nichole for her devotion to Sonja in the later stages of her illness.

Visiting hours were Friday, Jan. 17, 4-8 p.m. at the McNamara-Sparrell Funeral Home, 1 Summer St. (across from St. Anthony Church), Cohasset. A celebration of life service was held Saturday, Jan. 18, 2014 at 8:15 a.m. from the McNamara-Sparrell Funeral Home, Cohasset prior to the funeral Mass at St. Christine's Church, 1295 Main St., Marshfield, MA at 9 a.m. Burial Woodside Cemetery in Cohasset.

In lieu of flowers, donations may be made in Sonja's memory to: Old Colony Elder Services, 144 Main Street, Brockton, MA 02301.

For an online guest book, please visit [www.mcnamara-sparrell.com](http://www.mcnamara-sparrell.com)



781-383-0200

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A public hearing will be held at the Town Hall on Monday, February 3, 2014 at 8:00PM to hear and act upon an application for a SPECIAL PERMIT pursuant to §§8.7.2 and 4.2 and any further relief as the Board deems appropriate. The applicant, Fawn Stevenson, seeks to build a second story addition over an existing first floor at 234 King Street (405 Chief Justice Cushing Highway); and operate as a Veterinary Clinic. According to the application on file in the Town Clerk's Office. File #13.12.17.

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# HEALTHYLIVING

## A BETTER YOU THROUGH BETTER LIVING 2014

### EXERCISE

## Exercise your options

Whatever you do, exercise provides long-term health benefits

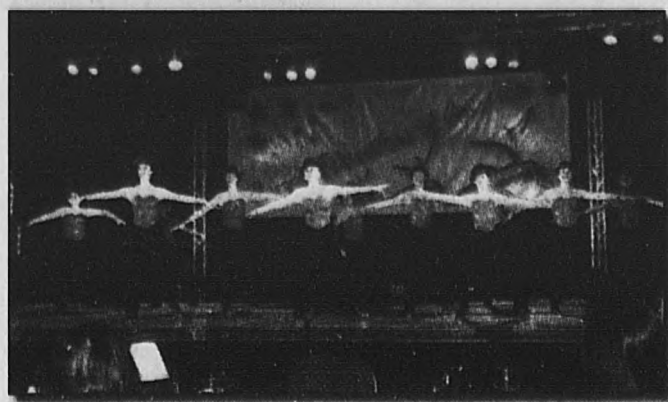
By Kellie K. Speed  
Correspondent

Everyone knows the No. 1 New Year's resolution come the first day of January is to get into better shape. While everyone knows the best recipe for losing weight is diet and exercise, many do not realize the continued long-term health benefits of incorporating a simple exercise regimen into your daily routine.

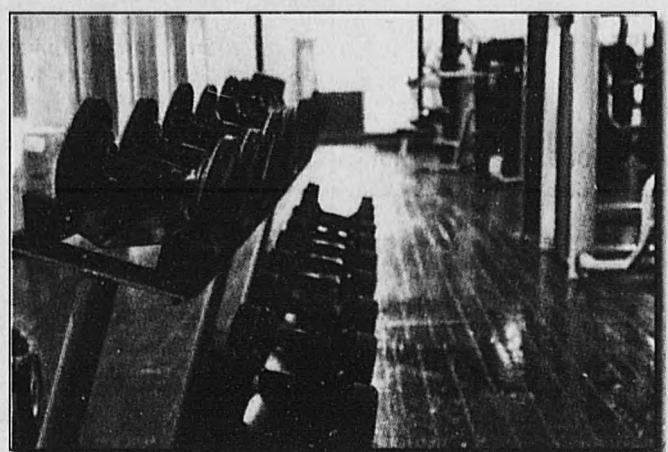
Continued regular exercise plans help keep the body healthy and toned while also effectively strengthening muscles and joints. It can also help you lose weight, improve your skin's complexion, sleep patterns and overall mood. How can you get started on a plan that is right for you? First determine if you prefer installing a home gym or signing up at the local fitness center where a professional can help to assist in getting you on the right health track to meet your own personal goals.

"We run boot camps for all ages and are a small fitness center," Derek Loonan, partner at Any Length Fitness of Braintree, said. "I go to businesses and do lifestyle training with people using a TRX system. With proper diet and exercise, we develop an individualized plan. We first get started with a body fat composition. We start by asking what they eat, what their goals are, how often they exercise and, from there, design high interval training that is based on 70 percent nutrition and 30 percent exercise. Exercise really helps to spike metabolism with proper nutrition."

Regular exercise also gets the body charged up, which means it is working harder to increase



It's possible to dance your way to good health. Students from Baker School of Dance in Wareham performed in Las Vegas at the Dance Educators of America nationals banquet, where they received the president's cup (highest score in the performing arts groups lines productions competition). PHOTO COURTESY OF BAKER SCHOOL OF DANCE



Mike Cavanaugh, of Live, Life, Believe of Plymouth, aims to help people achieve their goals, whether it's losing weight, gaining energy or training for their first 5K. PHOTO COURTESY OF LIVE, LIFE, BELIEVE

circulation while removing toxins from the body, which is why you sweat. As a result, overall stress is reduced, blood pressure and heart rate are lowered and the immune system is kick-started to help reduce the number of colds and flu you will catch. Whether you are looking to incorporate a fitness routine as a means of losing weight or just staying healthy, there are many benefits to getting healthier.

"We help people achieve their goals, whether it's weight loss or they are looking for more ener-

gy or to compete in their first 5K," Mike Cavanaugh of Live, Life, Believe of Plymouth, said. "People get discouraged quickly because they are not motivated or encouraged. We do that in a way that individuals aren't going to get burned out. People jump in with their New Year's resolutions and can really go hard, sometimes going to the gym twice a day. I tell people to do everything in moderation. People who go to the gym as routine are successful and won't get tired of it. They won't become unmotivated or burnt out. We find out

what their interests are, whether it's fitness classes or weight training, and show them the proper way to use machines in an effective manner to avoid injury."

There are various forms of exercise that include everything from stretching, endurance and conditioning to strengthening and muscle building.

"We have a fitness center where we offer group exercise classes, private personal training and small group training," Jackie Zwicker, general manager of Elite Fitness of Stoughton, said. "We also offer training, kickboxing and fitness boot camps. It's a great way to keep the heart rate going and incorporates strength. We are also a physical therapy clinic, as well."

Yoga has become popular in recent years because of its easy stretch routines that are designed to strengthen muscles while also lengthening them. Exercises that focus on endurance, like running, aerobics or swimming, are a little more involved and work to increase coordination and strengthen muscles. Resistance exercises are aimed at building up muscle tissue through the use of weight lifting, free weights and resistance machines. Exercise doesn't have to focus solely on gym routines. If you prefer a more lively approach, sign up for a kickboxing, Zumba or dance class.

"Exercise helps keep you healthy and fit whatever way you choose to do it," Sandra Baker, of Baker School of Dance in Wareham, said. "One of the most important things I tell people is that you have to be dedicated to it. Exercise in general helps to regulate your weight and is a great stress reliever. It's also good for your heart and through regular exercise, it provides strength and flexibility."

Whatever fitness plan you choose, it's important to realize that any form of exercise, when done regularly, will only benefit your health in the long run.

### HEALTH

## Joint issues

How to keep yours healthy and pain-free

By Kellie K. Speed  
Correspondent

As we get older, we may have to deal with issues of arthritis and other conditions that cause discomfort, which can affect our daily routines. In an effort to avoid joint pain, it is important to incorporate regular exercise into your regimen to avoid the long-term effects of joint issues. Joint supplements can help to alleviate pain and discomfort while supporting flexibility, but if the issues are more intense, it may be time to seek the help of a professional.

"As a chiropractor, I focus on issues with the spine and nervous system," Lisa Lewis, D.C., of Cohasset Family Chiropractic Center, said. "There is a misconception that chiropractors treat back pain. Chiropractic is a physical form of alignment that I do using my hands, a special table and instruments. If someone comes to me with an issue, I proceed with a chiropractic exam that focuses on the spinal column and nervous system. I look at the ranges of mo-

tion and do adjustments based on that."

Regular exercise also helps aid joints in staying healthy and maintaining their strength. A joint is the connection point between two bones that is buffered by cartilage, which cushions the bones, preventing them from rubbing together, which ultimately causes pain. Joints are found throughout our bodies, from our neck to our toes, and allow us to have the flexibility to move and bend. Excessive wear and tear can cause the cartilage to be ripped, resulting in pain and the potential for long-term arthritis. To avoid painful joint issues, be sure to include a regular fitness routine into your daily regimen.

People with joint issues can try taking nutritional supplements to help maintain healthy cartilage, which is important for overall joint health, but taking care to make sure your spine is aligned is one of the first ways to avoid joint issues.

"Joints, generally speaking, are independent," Lewis said. "We are dynamic units and are all connected so if, for example, you have a hip issue, it can affect your gait with issues all the way up to your spine. It can also affect your balance and nervous

SEE JOINT ISSUES, NEXT PAGE



It is important to have proper alignment because if the back is not aligned properly, the joints will start to wear out, according to Dr. Jeffrey Leverone, of Spine & Sport Rehab Center. Non-surgical spinal decompression treatment is used to treat back and neck pain. PHOTO COURTESY OF SPINE & SPORT REHABILITATION CENTER

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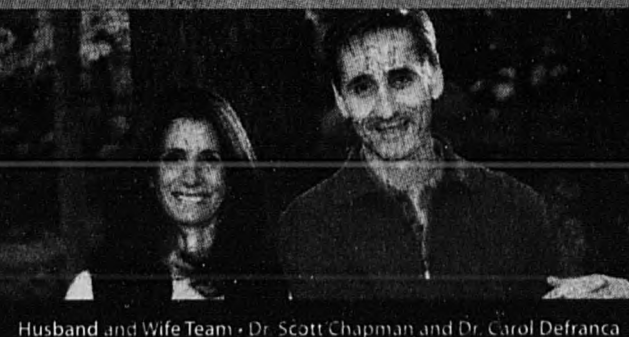
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To learn more about Mr. Van Stratum's story, visit us at: [capecodhealth.org/heart](http://capecodhealth.org/heart)

# HEALTHYLIVING

## A BETTER YOU THROUGH BETTER LIVING 2014

LIFESTYLE

### Have fun keeping your kids healthy

**M**id-winter vacation is a time when parents may be challenged to occupy their children in ways that are more stimulating than simply having them watch TV and play video games. TOPS Club Inc. (Take Off Pounds Sensibly), the non-profit weight-loss support organization, has developed a list of strategies to guide parents in keeping kids focused on health, while still having fun during their vacation from school.

#### Share a day of winter sports with your children

Introduce your children to a new winter sport or share a familiar one the whole family enjoys. There are many outdoor activities that are popular in the winter months. You can go ice skating, snow boarding, skiing or snowshoeing, just to name a few. Cold weather doesn't have to be an excuse not to get outside and exercise.

#### Make exercise a fun family event

Turn on an exercise DVD or your favorite upbeat music and exercise with your children. Old-



**To keep your kids active during the cold weather, introduce them to a new winter sport or share a familiar one the whole family enjoys.** PHOTO COURTESY OF METRO

er kids can be encouraged to use exercise equipment like a treadmill or join you in your own exercise routine. You could also just dance. Many of today's most popular workouts that are ef-

fective in burning calories incorporate dance moves. No one said exercise can't be fun or a family activity.

#### Spend time at the museum

When it's too cold for outdoor activities, but you and the kids really need to get out of the house, a museum is an enjoyable and educational way to incorporate learning and the basic exercise of walking.

#### Become a healthy eating role model

Mom, dad, big brother and even grandma can model good eating behaviors. Introduce new and exotic fruits to kids, like kiwi, or propose a healthier alternative to ice cream, such as trying fruit yogurt for dessert one evening. Parents should be open to trying new foods, themselves. Showing your children that it's fun to experiment with meals and food choices is a great example for kids to follow.

*Courtesy of TOPS Club Inc. (Take Off Pounds Sensibly), with 14 chapters on and around the South Shore. To find a local chapter, view [www.tops.org](http://www.tops.org) or call 800-932-8677.*

### JOINT ISSUES

Continued from previous page

system. The spine is an extension of your brain and the spinal column is also an extension of the brain. The junction of the two is where nerves pass through so the alignment of the spine affects how the nerves activate the nervous system, which controls everything. Joint problems can be systemic from inflammation or rheumatoid arthritis or due to

injury or overuse."

An anti-inflammatory diet can also help to ease the pain of arthritis and osteoporosis while maintaining cartilage. Calcium and Vitamin D are both known to help counter the effects of bone loss. Without these proper nutrients, bone mass can be lost at a significantly higher rate than someone who takes these supplements on a regular basis. Another great supplement is glucosamine, which is found in healthy cartilage. As we get old-

er, the cartilage wears down (even in pets) so it's important to be aware of these health risks as we age. Supplements and even certain foods like ginger and turmeric have been known to reduce pain, improve joint mobility and slow the effects of damage to the joints.

"Many people come to me with back and neck injuries," Dr. Jeffrey Leverone, of Spine & Sport Rehab Center, with locations in Norton, Mansfield, Easton and Attleboro, said. "There

are different treatment protocols for different conditions. If the joints are totally worn out, I have to send them somewhere for treatment but if the body is misaligned, I can help with that. It is most important to have proper alignment because if the back is not aligned properly, the joints will start to wear out."

Equally as important to remember is the lower the body weight, the less pressure on hips, knees, back and feet so if you have the onset of joint issues, it's important to get in shape and start by losing weight. If your joints hurt too much, try incorporating an exercise routine like swimming so it doesn't put added pressure on your joints but provides flexibility. The stronger your muscles, the less pain you will have, especially when it comes to knees, back and hip aches. Try to also incorporate weight-training exercises to continue to build muscle formation but always seek the advice of your doctor before to be sure you don't strain joints causing injury. With a few minor adjustments to your daily lifestyle, you should become more mobile. Your joints will thank you later.

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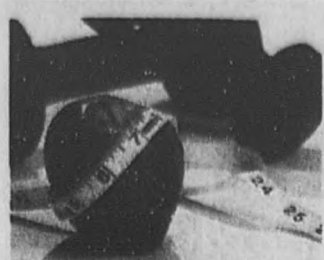
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# HEALTHYLIVING

## A BETTER YOU THROUGH BETTER LIVING 2014

### FAMILY

## Elder care

Options to help you take care of your aging loved ones

More Americans than ever before are now older than 65, and in just four more decades, for the first time in history, there will be more seniors in the U.S. than people younger than 18, according to the U.S. Census Bureau. Given those numbers, is it any surprise that many families wrestle with decisions for how to take care of aging parents, grandparents and other loved ones?

"Deciding how to take care of an aging loved one can be a challenging, emotionally wrenching experience," Danielle Russell, vice president of operations and business development for Assisted Transition, a

network of independent consultants that help families find elder care, says. "The good news is that as the population of elders has expanded, so have elder care options."

Just 20 years ago, families might have had to choose between putting a parent in a nursing home or having one younger family member quit a job to stay home and care for the parent. Today, options abound and it's important to know what's available before making such an important decision.

Russell offers some background on seven of the top types of senior care:

• **Assisted living communities:** Seniors who require assistance with daily activities such as dressing, eating or bathing may still wish to live as independently as possible. Assisted living communities strive to provide an ap-



Elders with mild mobility issues who wish to maintain as much independence as possible might do well in independent living communities. PHOTO COURTESY OF BRANDPOINT

propriate level of care while allowing residents to maintain as much independence as possible. Seniors who are no longer able to live completely independently, but who do not need nursing home, Alzheimer's or dementia care, may find this type of arrangement works for them.

• **Respite/short-term care:** This type of care provides short-term breaks for families that may need elder care for a short time – a few hours, a day or a

weekend, for example. Options can include an in-home skilled health assistant, an adult day program outside the home, or a residential respite care facility.

• **Independent living communities:** In these residential communities, seniors can live by themselves with minimal assistance for certain tasks and needs. Elders with mild mobility issues or forgetfulness might do well in this type of environment.

• **Rehabilitation centers:** A senior recovering from a minor health issue may require extra care and therapy to regain the ability to live independently. Rehabilitation centers provide care as well as occupational, physical or speech therapy.

• **Dementia care:** Dementia is a progressive disorder that weakens memory, impairs judgment and diminishes mental abilities. Elders experiencing dementia may need an increasing level of care. Dementia care can occur inside the home or in a care facility.

• **Alzheimer's communities:** A progressive, incurable cognitive disorder, Alzheimer's affects memory and mental abilities. Patients usually require a high level of care with everyday tasks, but may be in good health physically. Alzheimer's communities specialize in caring for patients who require this high level of care.

• **Skilled nursing homes:** Licensed by the state in which

they operate, skilled nursing homes provide the highest level of medical care outside a hospital. These round-the-clock residential facilities care for patients who require a high level of care, such as those who are bedridden or suffer from chronic health issues that require 24-hour access to medical aid.

Even the most diligent families may have difficulty sorting through all the elder care options and decisions they face during the stress-filled process of choosing care. Many seek advice and expert assistance, which can help ensure their loved ones receive the best possible care for his or her needs.

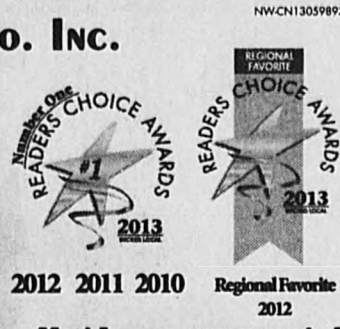
By 2060, more than one in five Americans will be 65 or older, according to U.S. Census projections. As the population continues to gray, more families will need help in caring for aging loved ones – and in finding care arrangements that are right for their family.

Courtesy of Brandpoint

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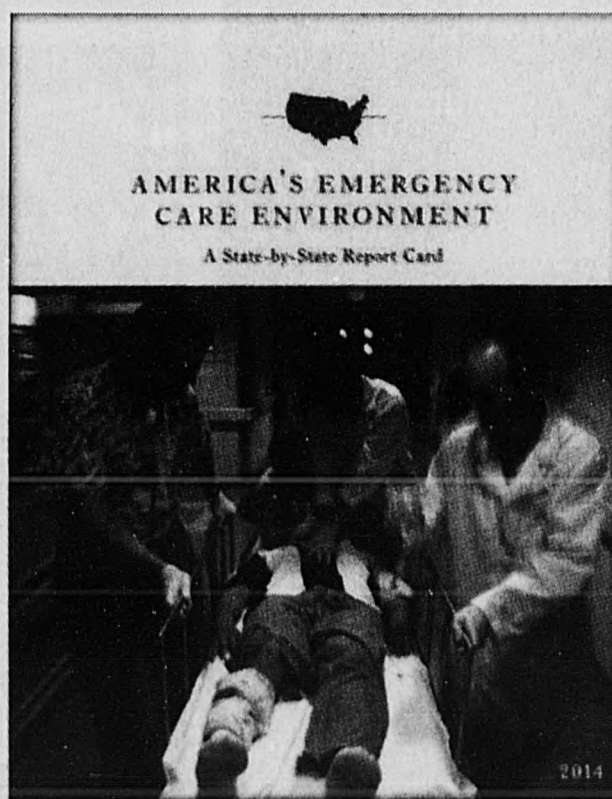
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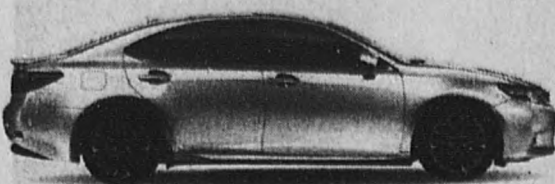
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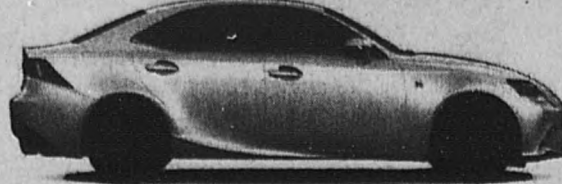
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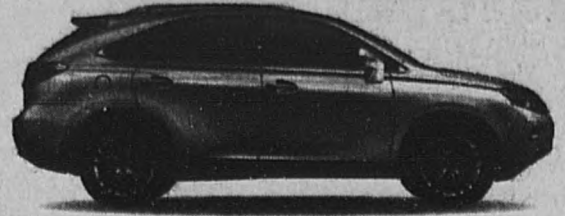
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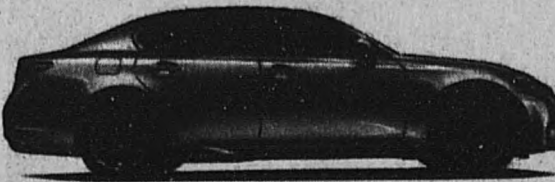
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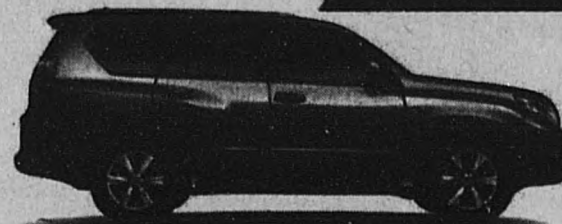
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## NEW 2014 FORD FOCUS S SEDAN



SAVE UP TO  
**\$2,731**

BUY FOR **\$15,999**

\*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2014 FORD FUSION S SEDAN



SAVE UP TO  
**\$4,296**

BUY FOR **\$18,399**

\*Lease for 36 mos. with \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2013 FORD TRANSIT CONNECT XL VAN



SAVE UP TO  
**\$4,376**

BUY FOR **\$19,299**

First payment, tax, title, reg. and \$289 doc fee additional.

## NEW 2014 FORD ESCAPE S



SAVE UP TO  
**\$4,096**

BUY FOR **\$19,499**

\*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2014 FORD TAURUS SE SEDAN



SAVE UP TO  
**\$6,896**

BUY FOR **\$20,599**

\*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2014 FORD F-150 REG CAB



SAVE UP TO  
**\$3,341**

BUY FOR **\$22,599**

First payment, tax, title, reg. and \$289 doc fee additional.

## NEW 2013 FORD C-MAX HYBRID SE



SAVE UP TO  
**\$3,091**

BUY FOR **\$23,199**

\*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2013 FORD EDGE SE



SAVE UP TO  
**\$4,996**

BUY FOR **\$23,599**

\*Lease for 36 mos. with \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2014 FORD EXPLORER



SAVE UP TO  
**\$4,096**

BUY FOR **\$26,399**

\*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2014 FORD FLEX SE



SAVE UP TO  
**\$2,991**

BUY FOR **\$27,299**

\*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

## NEW 2014 FORD F-150 SUPER CAB



SAVE UP TO  
**\$5,341**

BUY FOR **\$27,599**

\*Lease for 36 mos., \$0 cash or trade down. \$0 sec. dep. required. First Payment, tax, title, reg., acq. fee and \$289 doc fee additional.

\*All leases with 10,500 allowed miles per year. All rebates to dealer. Must finance with dealer. Photos are for illustration purposes only. Offers expire 1-31-14.



# HEALTH

## HEALTH WATCH



LIFE FITNESS

### Shoveling snow

Your gym is packed. Don't wait in line for a machine; get a workout in your driveway and pick up a shovel. It's more economical than a snow blower, and shoveling is an intense cardio workout that exercises muscles in your legs, core, back, shoulders and arms.

#### Burn up calories:

The exact amount depends on pace and intensity, but expect to burn around 250 calories for every 30 minutes of shoveling. If you experience lower temperatures, heavy snowfall, or the need to chop ice, you'll burn even more calories as your body fights to stay warm and increases exertion. (Be safe, of course, and don't shovel snow if you have a medical condition or you don't normally exercise.)

#### Work different muscle groups:

Shoveling snow is a high-intensity workout — especially if you shovel fast — and it works all of your major muscle groups. You will feel it the next day in your legs, core, back, shoulders and arms. Use a full range of motion and fire your core muscles as you bend and lift.

**Use proper technique:** Make sure to squat and lift the snow with your legs, not your back. Second, avoid bending over at the hip flexors. Lastly, keep the shovel close to your body and walk to where you will dump the snow instead of over-extending, twisting or leaning to toss it.

**Dress right:** Being too cold can be dangerous and will tighten up your muscles. Dress in winter layers, wear good boots with traction and cover up your hands, ears and head.

— *Life Fitness*

## SENIOR HEALTH

### Screening tips

Similar to how a roadmap guides you from point A to point B, the results of preventive screenings give your doctor insight on your heart health today and where it might be in the future. Important screenings and numbers to know include cholesterol, blood pressure, blood glucose and body mass index. Ask your doctor if you should make lifestyle changes.

— *Brandpoint*

## CHILDREN'S HEALTH

### Try 'exergaming' to fit in workout

It's often hard to squeeze in both "me time" and "family time" when you have a busy day, and especially when you want to stay fit to boot — 18 percent of respondents to Aetna's "what's your healthy?" survey cite family demands as a reason for not having time to be physically active.

"Exergaming" (short for exercise gaming) is a great way to work out alone or with your kids. Grab the kids' game console and get moving. You can dance, play tennis, and even golf.

— *Brandpoint*

# Seeing into the future

## Eye health is a lifelong endeavor

By Dr. Jeffrey Gallo  
More Content Now

January is Glaucoma Awareness Month, but a lifetime of good vision for our most precious sense demands year-round attention because every stage of life poses different challenges. Let's look at each stage.

### Infants and children

Vision in early life is continually developing, so eye care is critical to identify and treat such issues as strabismus (both eyes not focusing on the same point) and amblyopia ("lazy eye," where one is weaker than the other). Although less common, children may also suffer from glaucoma, cataracts and rare eye diseases.

Children are also susceptible to eye injuries from seemingly harmless toys, but proper vigilance by parents can avoid most injuries. Regular screening at this stage is the key to prompt diagnosis and treatment and crucial to ensure normal visual function throughout life.

### Teenagers

Young adults are at risk for sports-related injuries, with most occurring in basketball, baseball and racquet sports, and workplace injuries, which can happen at any age. Protective eye equipment can prevent 90 percent of these injuries, but a recent survey by the American Academy of Ophthalmology found that such equipment is worn only 35 percent of the time during high-risk activities.

### Adults

Adults 40 to 60 years are guaranteed to develop presbyopia (or "short-arm syndrome"), a progressive loss of ability to see objects up close, resulting in a tendency to hold material further away. Reading glasses that magnify, used when the arm isn't long enough, don't work for everyone, so prescription glasses may be required. An exam every two years can determine the need for prescription glasses, as well screen for eye diseases.

Conditions beginning in one's 40s or 50s — notably diabetes — can affect eye health later. Diabetes, which affects 26 million people in the U.S., is the most common disorder leading to vision loss in those under 65.

### Seniors

The majority of patients I examine as an ophthalmologist are in their 70s and beyond, and their biggest complaints are blurred vision, difficulty driving at night or poor vision despite several recent changes in glasses. My examinations often reveal the presence of one of three eye diseases.

Cataracts, a clouding of the



A scene as it might be viewed by a person with glaucoma.



A scene as it might be viewed by a person with cataract.



A scene as it might be viewed by a person with age-related macular degeneration.

NATIONAL EYE INSTITUTE, NATIONAL INSTITUTES OF HEALTH PHOTOS

eye's lens responsible for focusing, are an inescapable part of aging that can dramatically impair vision. Medications and many diseases can also lead to cataracts — and at any age. An examination by a medical eye doctor is necessary to determine the cause and how to treat it. If glasses no longer help, surgery can restore function.

Age-related macular degeneration, progressive loss of central

vision, is the most common cause of blindness in the U.S. for individuals over 65. The complaints are often indistinguishable from those of cataracts. Numerous studies have established a genetic link to this condition, so people with a family history of AMD should undergo routine examinations beginning in their 50s.

The risk for glaucoma, a group of diseases that damage the optic nerve, increases with age. Like

AMD, genetics play a role, and those with a family history of glaucoma should have regular eye examinations, again beginning in their 50s.

There are no symptoms for this condition; it is nearly always diagnosed during a screening examination.

*Jeffrey Gallo, M.D., is president of the Massachusetts Society of Eye Physicians and Surgeons.*

## Child's allowance could serve as teaching moment

Parents make decisions about their children every day, some more important than others. One decision facing a parent is, should the child receive an allowance? As I reviewed this subject in the medical literature, I noted that there were many views but few scientific data to support them.

Many questions are raised about allowances. Should a child have an allowance in the first place? If so, when should it be started and how much should it be? Should the allowance be associated with the youngster doing chores? And the questions go on and on.



DR. MURRAY FEINGOLD

About 60 percent of American children receive an allowance. This percentage varies from community to community.

When should a child start getting an allowance? There is some agreement on this question. The child should have an understanding about the value of money and an idea of its purpose. He or she should have some basic math

skills and be able to add and subtract.

To determine how much the child receives, some articles suggest 50 cents or \$1 for each year of life. So a 12-year-old would receive between \$6 or \$12 a week. However, in more affluent families some adolescents receive \$50 to \$100 a week or more.

To many parents, even \$15 or \$20 a week is a lot more than they received. But when they were children, an ice cream cone cost 10 or 15 cents, much less than it costs today.

There are various views whether or not the child's allowance should be associated with the usual household chores. Chores,

such as mowing the grass or washing dishes, are considered family responsibilities and the child should not be rewarded for doing them. An allowance is something extra.

Many experts believe that having an allowance is a good childhood learning experience, such as how to manage money. And children should learn that the clothes or sneakers they wear just didn't mysteriously appear. Mom and/or Dad had to work to get the money to buy them.

But then there are some people, particularly those whose parents couldn't afford to give them an allowance, believe that the

best way to learn the value of money is for children (mainly adolescents) to earn it themselves. They equate an allowance as a "handout."

Whether or not to give a child an allowance is just one more decision, in a long list of decisions parents must make.

*Dr. Murray Feingold is the physician in chief of The Feingold Center for Children, medical editor of WBZ-TV and WBZ radio and president of the Genesis Fund. The Genesis Fund is a nonprofit organization that funds the care of children born with birth defects, mental retardation and genetic diseases.*



## COHASSET POLICE FIRE LOG

Thursday, Jan. 9

11:39 p.m. **Elm Court**, noise complaint. The complaint is possibly weights being dropped on the floor. Both have been advised of their recourses. They will be speaking to the building manager in the morning.

Friday, Jan. 10

9:50 a.m. **Marylou's, King St.**, request for an officer. Caller reports that a female came through the drive-through and when they ran her bank card they were advised to keep the card due to fraud activity. Caller reports that they kept the card and they don't know what to do with the card. No issues with the card. It was a closed card used by accident.

11:36 a.m. **S. Main and Summer streets**, motor vehicle stop; citation issued.

1:26 p.m. **King St.**, animal call. Dead deer on side of road. DPW notified. Deer has been removed.

2:18 p.m. **Forest Ave.**, medical aid.

2:37 p.m. **S. Main St.**, community service.

4:32 p.m. **Pond St.**, motor vehicle stop; citation issued.

5:33 p.m. **N. Main St.**, past breaking and entering.

6:04 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

6:40 p.m. **Beechwood St.**, directed patrol.

8:24 p.m. Unwanted. Caretaker won't leave the home. Caller reports the family has asked the caretaker to leave and she won't. Caretaker has been yelling and screaming at the patient. Family has concerns with the way the patient is being cared for and the caretaker's conduct in front of the patient. Weekly discussion over payments/dispute settled and caretaker sent on her way.

9:27 p.m. **Booth Hill Road, Scituate**, mutual aid ambulance.

10:13 p.m. **Wompatuck State Park access, Doane St.**, motor vehicle stop; verbal warning. Motor vehicle sent on its way.

11:34 p.m. **Old Coach Road**, fire investigation.

11:40 p.m. **Chief Justice Cushing Hwy.**, suspicious person. Man walking with a cane on the side of the road. Spoke to male party and he is out for a walk and has a flashlight with him.

Saturday, Jan. 11

1:24 a.m. **Deer Hill School, Sohler St.**, open window.

3:25 a.m. **Atlantic Ave.**, medical aid.

6:38 a.m. **JJ's Dairy Hut, Chief Justice Cushing Hwy.**, traffic enforcement.

9:15 a.m. **Lamberts Lane**, noise complaint. Caller reports hearing loud bangs, possibly gunshots. Same states 15 or 20 times. Caller reports possibly coming from the direction of the golf course. There is someone hunting at

the golf course with permission. Resident notified.

10:14 a.m. **Chief Justice Cushing Hwy.**, medical aid.

4:59 p.m. **N. Main St.**, motor vehicle stop; citation issued.

5:05 p.m. **Jerusalem Road**, past break in. Pain meds were taken out of the bottles since Thursday. She believes someone broke into her home.

6:56 p.m. **Stoneleigh Lane**, medical aid.

9:07 p.m. **Bay View Drive**, inside water leak from washing machine. Going through floor below. CO alarm going off and is stating evacuate. Caller was advised to evacuate until Fire Department could confirm. Detector removed, zero readings. Owner awaiting maintenance.

9:23 p.m. **Beechwood and Doane streets**, animal call. German shepherd has been hit and in road. Headquarters got another call. Female states dog is fine and in good health, knows the owner.

10:04 p.m. **Depot Court and S. Main St.**, erratic motor vehicle operation. White Dodge Neon took a right at Dooley's, all over the road. Caller ended up at the North Scituate Tedeschi's and lost the vehicle. Scituate Police Department notified.

Sunday, Jan. 12

6:49 a.m. **King St.**, traffic hazard. Officer reports sign down. Sign is a warning of an intersection. Mass Highway notified.

6:57 a.m. **Black Rock Road**, vandalism. Rock through rear window. Vehicle is an Audi A4.

8 a.m. **Cedar St.**, vandalism. Headquarters reports that mailboxes at 29 and 33 have been pulled out of the ground. Cruiser to be dispatched from headquarters. No damage to the mailbox. Mailbox was tipped over and has been placed back into its original spot.

9:16 a.m. **Nichols Road**, animal call. Caller stating ACO told him the neighbor is not supposed to have a rooster and it is still there.

9:56 a.m. **Chief Justice Cushing Hwy. and Pond St.**, motor vehicle stop; verbal warning.

10:11 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop. Citation warning given.

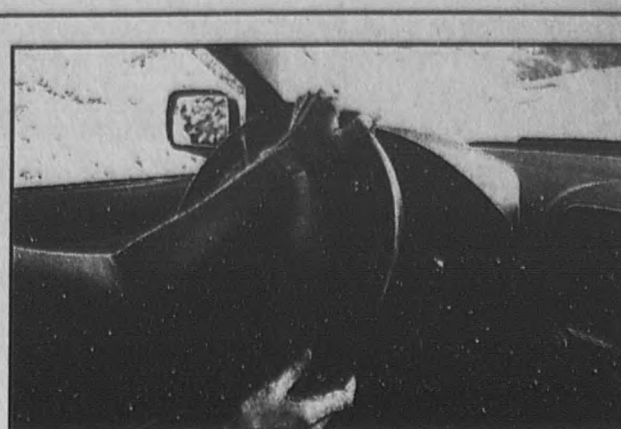
10:36 a.m. **Jerusalem Road**, medical aid.

10:48 a.m. **Chief Justice Cushing Hwy.**, outside water leak. Caller reports a water main break near King Street. Ground water from a manhole cover. Water Department notified and responding.

11:09 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

12:40 p.m. **Border St.**, parking complaint. Caller reporting cars from the restaurant are parked on the sidewalk. Impossible to pass on foot. No parking issues on Border Street.

12:44 p.m. **Sunrise, King St.**, medical aid.



## Traffic Safety Tip of the Week:

**Skidding can occur in snow, rain or sandy road conditions. If you feel your vehicle beginning to skid, don't panic. Keep two hands on the wheel and steer in the direction that the vehicle is sliding until you can feel your car regain traction. Then, slowly straighten your wheels and keep moving.** COURTESY PHOTO

1:52 p.m. **Black Rock Road**, vandalism. Caller reports he found more rocks that were thrown at his property and he would like to show an officer.

6:14 p.m. **Forest Ave. and Old Coach Road**, motor vehicle stop; citation issued.

7:38 p.m. **Cedar and Hull streets**, traffic enforcement.

7:45 p.m. **Hull St.**, motor vehicle stop; citation issued.

Monday, Jan. 13

7:08 a.m. **Sohler St.**, directed patrol.

9:37 a.m. **S. Main St.**, motor vehicle stop; citation issued.

10:21 a.m. **Forest Ave.**, motor vehicle stop; citation issued.

11:11 a.m. **Jerusalem Road**, medical aid.

11:39 a.m. **Sohler St.**, motor vehicle stop; verbal warning.

12:09 p.m. **Ledge Way**, medical aid.

1:22 p.m. **Sohler St.**, motor vehicle stop; citation issued.

1:42 p.m. **Sohler St.**, motor vehicle stop; citation issued.

2:15 p.m. **Cedar St.**, fire investigation. Requesting Gas and Water departments to the scene. National Grid gas on scene. Someone will be in contact with CFD regarding the property.

2:36 p.m. **Pleasant St. and Reservoir Road**, traffic enforcement.

2:43 p.m. **Reservoir Road**, motor vehicle stop; citation issued.

6:10 p.m. **Chief Justice Cushing Hwy.**, medical aid.

6:44 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, traffic enforcement.

6:46 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; written warning to the operator.

7:25 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; written warning to the owner.

7:45 p.m. **Spring St.**, medical aid.

8:12 p.m. **Doane St.**, inside gas. Caller reports shut furnace off earlier, someone is coming tomorrow. States there is an odor of gas in the house. House has been evacuated. National Grid on the

scene.

Tuesday, Jan. 14

6:52 a.m. **Village, S. Main St.**, community policing.

7:05 a.m. **Beechwood St. and Chief Justice Cushing Hwy.**, directed patrol.

9:15 a.m. **S. Main and Summer streets**, directed patrol.

7:21 a.m. **Pond St.**, motor vehicle stop; citation issued.

7:28 a.m. **Beechwood St.**, motor vehicle stop; written warning.

7:34 a.m. **Pond and Spring streets**, motor vehicle stop; citation issued.

9:45 a.m. **S. Main St.**, parking enforcement.

9:50 a.m. **Summer St.**, animal call. Caller reports a medium-size black dog running loose, red bandana. Running in the street.

10:09 a.m. **Highland Court**, open door. Caller reports her babysitter went to the house to retrieve her phone and found the front door open. Nothing appears disturbed, caller would like an officer to do a walk through. Did a walk through with homeowner and everything appears in order. Units clear.

11:37 a.m. **Sunrise, King St.**, medical aid.

2:14 p.m. **Surry Drive**, utility notification. Resident reports she has no water. Aquarion Water notified and reports that this is theirs and they will check it. Resident from Tad Lane has no water. Resident from Forest Avenue reporting no water.

2:33 p.m. **Howe and Jerusalem roads**, traffic hazard. Caller reports a large construction Dumpster in the road. This was a Dumpster swap attempt. Driver could not negotiate it today, will be back tomorrow. No road obstructions.

2:40 p.m. **Cedar St.**, animal call. Officer reports being flagged down by someone who is missing a black and white shitsu and a golden retriever.

6:24 p.m. **Hull St. and Lamberts Lane**, erratic motor vehicle operation. Last seen

pulling into Glastonbury Abbey. Will be making way to the operator's residence. Speaking with the owner/operator and there is no issue.

10:31 p.m. **Beach St.**, fire/structure. Caller states there is a fire in his garage. Single-story garage on fire on the outside. Electrical inspector notified and responding. Command reports fire has been knocked down. State Fire Marshall notified for an investigation.

Wednesday, Jan. 15

2:06 a.m. **N. Main St.**, medical aid.

6:42 a.m. **Village, S. Main St.**, community service.

7:03 a.m. **Forest Ave.**, directed patrol.

7:09 a.m. **Beechwood St.**, motor vehicle stop; verbal warning.

7:12 a.m. **Forest Ave.**, motor vehicle stop; citation issued.

8:16 a.m. **Norman Todd Road**, motor vehicle crash. Caller advises he slid off the road. Driving a brown Jeep. Icy road conditions. Scituate Collision responding. Shrubs were damaged in front of number 4. Pole 1 was not struck.

10:03 a.m. **Cedar St.**, Officers were out serving a warrant.

10:07 a.m. **King and N. Main streets**, utility notification. Verizon has two manhole covers that are bubbling up with water. Lower King near Rosano Lane.

11:55 a.m. **Hull St.**, motor vehicle stop; verbal warning.

12:08 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

12:18 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

12:37 p.m. **Chief Justice Cushing Hwy.**, erratic motor vehicle operation. Headed toward Cohasset from Hingham/truck swerving all over the roadway/crossing line/big blue truck carrying cars, New Jersey plate. Oncoming traffic has to pull off roadway. Possible reason for swerving is low-hanging branches damaged the vehicle.

2:50 p.m. **New Driftway, Scituate**, medical aid. 3-year-old with difficulty breathing/Scituate Pediatrics.

3:21 p.m. **S. Main St.**, suspicious vehicle. Caller reports a black Saab parked in her driveway for 25 minutes. Owner gave vehicle owner permission to park there. Renter was not aware.

3:35 p.m. **S. Main St.**, inside gas odor. Smell of gas inside home. Officer reports there is a work crew digging in the yard.

6:01 p.m. **S. Main and Summer streets**, directed patrol.

6:55 p.m. **Beechwood St.**, motor vehicle stop; citation issued.

7:26 p.m. **Forest Ave.**, traffic enforcement.

7:37 p.m. **Forest Ave. and Old Coach Road**, motor vehicle

stop; citation issued.

8:56 p.m. **King St.**, erratic motor vehicle operation. Just pulled into the parking lot, white vehicle. Caller states possible drunk. Party checks out. States operator had dropped phone on the floor.

11:22 p.m. **Beach St.**, suspicious person. Caller reports a male walking in the middle of the street. Neighbor says he was yelling and swearing. Was last seen walking south on Beach away from Town Hall toward Atlantic Avenue. Area search negative.

11:32 p.m. **Golden Living Center, Chief Justice Cushing Hwy.**, well being check.

Thursday, Jan. 16

1:41 a.m. **Parker Ave.**, suspicious vehicle. Parties sent on their way.

5:59 a.m. Constable on the scene requesting an officer to stand by for a child support warrant service. Subject not on the property.

6:21 a.m. **Village, S. Main St.**, community service.

7 a.m. **N. Main St. and Red Gate Lane**, traffic enforcement.

7 a.m. **Bancroft and Norfolk roads**, traffic enforcement.

7:02 a.m. **N. Main St.**, motor vehicle stop; citation issued.

7:17 a.m. **N. Main St. and Ripley Road**, motor vehicle stop; written warning.

9:05 a.m. **Forest Ave.**, outside explosion. Caller heard a loud explosion in her driveway but she still has power. Caller saw a flash and didn't see anything when she went outside. Command requests National Grid for a fuse on a pole.

11:29 a.m. **Forest Ave.**, directed patrol.

3:30 p.m. **Jerusalem Road**, parking complaint. Caller reports a gray Hyundai parked on the sidewalk. Motor vehicle tagged.

5:25 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

5:57 p.m. **Depot Court**, parking complaint. Hazard in the roadway. Message left for owner to remove the vehicle. Officer requests tow. Scituate Collision notified and responding. This is a public safety tow. The motor vehicle is parked blocking a lane and forcing traffic into the oncoming lane. Owner on scene and has removed the motor vehicle. Scituate Tow cancelled.

6:21 p.m. **Cedar St.**, summons. Units out for attempted warrant service.

6:22 p.m. **Parker Ave.**, request for an officer. Wants to report a phone scam.

6:23 p.m. **St. Anthony Church, Summer St.**, disturbance. Report to headquarters of a male on the hood of a vehicle singing very loudly about Russian Roulette and being strung out. Same states male is located in the back parking lot. It was a younger male with headphones. Gone on arrival.



Readers Choice

Ballot Board



2014 Moorings Available

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**Winter Sale - Starts January 25<sup>th</sup>**  
**Up to 80% OFF**

Coastal Cleaners Building, Side Entry • Rte. 3A Cohasset  
Closed Friday Jan. 24th for mark downs • Open Mon-Sat 10-4, Sun 1-4  
**Spring Consigning begins February 10<sup>th</sup>**  
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# The Best in Town | The Best Around



## WE WANT TO KNOW WHO YOUR FAVORITES ARE!

Vote for your **CHOICE** and a chance to win one of these great prizes!

### Grand Prize! The Best of the Best

One **Grand Prize** winner will win an **iPad Mini**! The 16GB iPad Mini has a 7.9-inch display screen, fast and fluid performance, FaceTime and iSight cameras, thousands of amazing apps, and 10-hour battery life!

### Second Prize

**THREE** runners-up will each receive a pair of tickets to see **Boston's Favorite Baseball Team** at a pre-determined regular season game.

### Third Prize

**FIVE** third prize winners will each receive a **Gift Certificate** to a local restaurant or entertainment event/venue.

### SO GET OUT AND VOTE!

**Vote locally.** Write in your choice of the **BEST** in your area for the categories below. In order to be eligible, each vote must include the town where your choice is located. For businesses with more than one location, please indicate the address of your #1 choice. You must vote in at least 10 categories for your votes to be counted.

Ballots must be received by Wednesday, February 12, 2014 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a specially bound keepsake edition the week of June 23rd.

Vote online at [www.wickedlocalfavorites.com](http://www.wickedlocalfavorites.com) and receive a **FREE "Merchandise for Sale" AD in CommunityClassifieds**



Wicked Local Favorites



@wickedfavorites

**WICKED LOCAL**

#### Local Shopping

Business/Place Name

Town

- 1 Men's Clothing Store \_\_\_\_\_
- 2 Women's Clothing Store \_\_\_\_\_
- 3 Children's Clothing \_\_\_\_\_
- 4 Optical Shop \_\_\_\_\_
- 5 Shoe Store \_\_\_\_\_
- 6 Bookstore \_\_\_\_\_
- 7 Photography \_\_\_\_\_
- 8 Frame Store \_\_\_\_\_
- 9 Gift Shop \_\_\_\_\_
- 10 Jewelry Store \_\_\_\_\_
- 11 Florist \_\_\_\_\_
- 12 Sporting Goods Store \_\_\_\_\_
- 13 Toy Store \_\_\_\_\_
- 14 Pharmacy \_\_\_\_\_
- 15 Liquor Store \_\_\_\_\_
- 16 Furniture Store \_\_\_\_\_
- 17 Carpet/Flooring Store \_\_\_\_\_
- 18 Appliance Store \_\_\_\_\_
- 19 Home Decorating Store \_\_\_\_\_
- 20 Hardware/Home Improvement Store \_\_\_\_\_
- 21 Garden Store/Nursery \_\_\_\_\_
- 22 Antique/Vintage Store \_\_\_\_\_
- 23 Consignment Shop \_\_\_\_\_

#### Local Services

- 24 Hair Salon \_\_\_\_\_
- 25 Day Spa or Massage \_\_\_\_\_
- 26 Manicure/Pedicure \_\_\_\_\_
- 27 Tanning Salon \_\_\_\_\_
- 28 Tattoo Parlor \_\_\_\_\_
- 29 Health Club/Yoga Studio \_\_\_\_\_
- 30 Weight Loss Center \_\_\_\_\_
- 31 Doctor/Primary Care Physician or Pediatrician \_\_\_\_\_
- 32 Dentist or Dental Office \_\_\_\_\_
- 33 Chiropractor \_\_\_\_\_
- 34 Daycare/Preschool \_\_\_\_\_
- 35 Dry Cleaner/Tailor \_\_\_\_\_
- 36 Auto Service/Repair \_\_\_\_\_
- 37 Community Bank \_\_\_\_\_
- 38 Insurance Agency \_\_\_\_\_
- 39 Dance/Gymnastics School \_\_\_\_\_
- 40 Retirement Living Residence \_\_\_\_\_
- 41 Pet Services \_\_\_\_\_

#### Local Flavor

Business/Place Name

Town

- 42 Bagel Shop \_\_\_\_\_
- 43 Restaurant For Breakfast \_\_\_\_\_
- 44 Restaurant For Lunch \_\_\_\_\_
- 45 Restaurant For Dinner \_\_\_\_\_
- 46 Fine Dining Restaurant \_\_\_\_\_
- 47 Italian Restaurant \_\_\_\_\_
- 48 Pizza Place \_\_\_\_\_
- 49 Thai Restaurant \_\_\_\_\_
- 50 Mexican Restaurant \_\_\_\_\_
- 51 Indian Restaurant \_\_\_\_\_
- 52 Seafood Restaurant \_\_\_\_\_
- 53 Chinese Restaurant \_\_\_\_\_
- 54 Sushi Restaurant \_\_\_\_\_
- 55 Restaurant For Takeout \_\_\_\_\_
- 56 Restaurant For Steak \_\_\_\_\_
- 57 Bakery \_\_\_\_\_
- 58 Coffee Shop \_\_\_\_\_
- 59 Ice Cream Shop \_\_\_\_\_
- 60 Deli \_\_\_\_\_
- 61 Butcher Shop \_\_\_\_\_
- 62 Fish Market \_\_\_\_\_
- 63 Bar \_\_\_\_\_
- 64 Caterer \_\_\_\_\_

#### Regional Favorites

- 65 Hospital \_\_\_\_\_
- 66 Limo/Car Service \_\_\_\_\_
- 67 Hotel/Motel/Inn/B&B \_\_\_\_\_
- 68 Beach \_\_\_\_\_
- 69 Golf Course \_\_\_\_\_
- 70 Museum \_\_\_\_\_
- 71 Place To See Theatre \_\_\_\_\_
- 72 Place For Family Entertainment \_\_\_\_\_
- 73 Summer Camp \_\_\_\_\_
- 74 Mall \_\_\_\_\_
- 75 Department Store \_\_\_\_\_
- 76 Discount Store \_\_\_\_\_
- 77 Supermarket \_\_\_\_\_
- 78 Car Dealership \_\_\_\_\_
- 79 Computer or Electronics Store \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

**Reminder: You MUST include the TOWNS where your choices are located!**

\*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.

**GUIDELINES** (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot, online ballot or insert only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes permitted. Game dates will be selected by GateHouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winner's free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England, permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Employees of GateHouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 12, 2014.

Mail To: Readers Choice Awards 2014 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203, Wilmington, MA 01887



# PUZZLES

## Horoscope

### SALOME'S STARS FOR RELEASE WEEK OF FEB. 2, 2014

**ARIES** (March 21 to April 19) Seeing the silly side of some really ridiculous situations helps give the Lamb a new perspective on how to handle them. Some important contacts can be made this weekend.

**TAURUS** (April 20 to May 20) Try to complete your outstanding tasks by midweek. This leaves you free to take advantage of new possibilities — both professional and personal — opening up by week's end.

**GEMINI** (May 21 to June 20) With both your creative side and your energy levels rising this week, you should be able to tackle that too-long-neglected project again. A family member might have important news.

**CANCER** (June 21 to July 22) An explanation you requested seems to be more confusing than enlightening. You should insist on clarifications now, rather than deal with problems that might arise later.

**LEO** (July 23 to August 22) Your energy levels might be ebbing a bit. But that's no excuse for taking catnaps when you could be working on those unfinished tasks. There'll be time to curl up and relax by week's end.

**VIRGO** (August 23 to September 22) It's a good time to get those ideas out of your head and into a readable format if you hope to have them turned into something doable. A good friend is ready with worthwhile advice.

**LIBRA** (September 23 to October 22) Careful — you might be stepping

into dangerous territory if you decide to "exaggerate" the facts too much. Remember: The truth speaks for itself and needs no embellishment.

**SCORPIO** (October 23 to November 21) Although your workplace successes have earned you many admirers, there are some colleagues who are not among them. Be careful how you proceed with your new project.

**SAGITTARIUS** (November 22 to December 21) You might have to go into great detail to explain why you're currently reluctant to make changes to an already prepared plan. Be sure you have all the facts to back yourself up.

**CAPRICORN** (December 22 to January 19) Travel plans might still be uncertain. But instead of getting upset about the delay, open yourself up to other possibilities, and begin checking out some alternative destinations.

**AQUARIUS** (January 20 to February 18) Changing conditions might require you to alter some of your plans. While you might be agreeable to this, be prepared with explanations for those who do not want changes made.

**PISCES** (February 19 to March 20) Although you might have to deal with some detractors who aren't too kind in their critiques, you gain points when you're willing to stand up and defend your work.

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**BORN THIS WEEK:** You have a gift for creating a warm and loving environment between yourself and others.

## Sudoku

		7	2					6
2				9		8		3
	1				4		7	
	5			4	9	6		
		4			1		3	
8			6					5
	3				5	9		
7	6			1			2	
		9	3					1

### Fun By The Numbers

#### Like puzzles?

Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Hoo Boy!

### Here's How It Works:

**Sudoku** puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

## Crossword Solution - Afterwords

S	P	E	E	D		V	A	S	T	E	S	T		A	T	T	E	S	T	S	
R	I	N	S	E		O	T	O	I	I	I			I	N	A	N	E	S	T	
I	L	I	U	M		S	T	A	N	D	A	N	D		D	E	L	I	V	E	R
A	S	H	O	R	E		I	E	S		S	L	A	G	S		E	T	A		
F	I	S	H	A	N	D	C	H	I	P	S		I	C	U		S	I	L		
			D	A	L	A	I			P	L	U	G	A	N	D	P	L	A	Y	
A	P	N	E	A		A	D	D	S	A	L	T			O	V	E	R	T		
M	O	A	T		D	L	I	I	I		O	I	L	C	A	N		B	O	S	
E	T	E		F	I	E	L	D	A	N	D	S	T	R	E	A	M				
Z	E	S	T	I	E	R		E	N	E		A	A	S		A	D	A	Y		
C	H	I	L	D	S		B	R	A	N	S	O	N		P	E	E	R	C	E	
E	T	R	E		I	T	S			O	O	M		S	E	T	S	A	I	L	
			F	R	O	N	T	A	N	D	C	E	N	T	E	R		O	O	O	
D	E	S		U	B	A	N	G	I		A	M	E	N	D		E	B	R	O	
O	R	T	I	Z			L	A	C	T	A	T	E		E	N	D	E	D		
R	O	C	K	A	N	D	R	O	L	L				G	A	G	O	N			
M	U	S		R	E	A		S	T	A	R	S	A	N	D	B	A	R	S		
E	T	D		F	A	U	L	T		M	A	T		D	I	M	M	E	R		
C	O	O	K	I	E	S	A	N	D	C	R	E	A	M		R	O	O	N	E	
A	L	R	O	S	E	N		E	L	N	O	R	T	E		B	R	O	N	C	
R	A	P	T	U	R	E		W	O	U	N	D	E	D		A	T	R	I	A	

## Crossword - Afterwords

1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19
20								21								22				
23								24								25				
26				27						28					29					
	30		31		32				33	34				35						
36				37					38					39						
40								41			42	43	44			45			46	47
48				49	50	51	52				53				54		55			
			56							57						58		59		
60	61	62			63					64				65			66			
67				68				69	70	71			72		73					
74							75		76					77	78			79		
80				81				82				83	84			85				
86			87		88						89							90	91	92
93				94		95				96						97	98			
			99			100				101				102	103	104				
105	106								107	108	109				110			111		
112								113					114				115		116	117
118							119				120	121					122			
123							124							125						
126							127							128						

<b>ACROSS</b>	55 Spain's longest river	99 Buddhism's — Lama	6 Gain back, as trust	46 Beethoven's Third	85 Give — to (approve)
1 Ecstatic joy	56 STORM ...	101 POWER ...	7 Took place as a result	47 "Tom —" (1958 #1 hit)	87 Coffee shop's cousin
8 Injured	59 Winning line in tic-tac-toe	105 BLUE ...	8 Left	50 Cap. of the Gem State	90 Has faith
15 Heart chambers	60 To be, to Jacques	111 Part of RSVP	9 Aged	51 Pantry insect	91 Non-written exam
20 Baseball's "Hebrew Hammer"	63 "— in the bag!"	112 Having disembarked	10 Mom's bro	52 Fed. crash investigator	92 Pigs' hangout
21 The U.S., south of the U.S. border	64 — -pah-pah band	113 Pluralized -y	11 "— Rae"	54 Far out from the coast	94 Freaked out
22 Bucking horse	65 Begin the cruise	114 Becomes smelting waste	12 Gloomy, in poetry	56 Sensed	96 iPhone extra
23 Two words that might follow BUTTER ...	67 — play (a simple job)	116 Letter before theta	13 Les — -Unis	57 Film director Stanley	98 #2 corp. exec
25 Arledge of TV	69 Country music resort city in Missouri	118 Hipbone part	14 Rep.'s foe	58 I-90, e.g.	100 Suffix with hex-
26 Guess as to takeoff: Abbr.	73 Tenor Jan	119 HAND ...	15 Abbreviate	60 Itchy skin condition	102 Adorn richly
27 Shortcoming	74 More piquant	123 Get the suds out of	16 Tuba's kin	61 Up-and-comer's eventual goal	103 Maine national park
28 Yoga pad	76 Detroit-to-Montreal dir.	124 10th-century German king	17 SCHOOL ...	62 SUN ...	104 Guitarist Ted
29 Not as bright	77 Some toy batteries	125 Most pointless	18 Central	66 Sewing line	105 Carnivals
30 The Louvre, e.g.: Abbr.	79 "An apple — ..."	126 See 44-Down	19 Computers such as the Aspire and Extensa	68 "What's the —?" ("Who cares?")	106 Suffolk County town
32 Stephen of films	80 Summer, to the French	127 Maximally massive	24 Banned apple spray	70 Changed the décor of	107 Metropolis, in Milan
33 SPORTS ...	81 AIR ...	128 Certifies (to)	29 Gene stuff	71 Writer Nin	108 Microwaves, say
36 HARD ...	86 Castle-circling ditch		31 Enjoy a slope	72 Of the entire U.S., e.g.	109 Ain't right?
39 Get choked by, as food	88 Roman 553	<b>DOWN</b>	33 Offed	75 Installed anew, as a carpet	114 Vexed state
40 Baseballer David a.k.a. "Big Papi"	89 What the Tin Woodman asked for	1 Rally or relay	34 "LA Ink" channel	78 Shape of a parenthesis	115 Crate piece
41 Secrete milk	90 Derek and Diddley	2 Far greater	35 Liaisons	82 Hat, in slang	117 Part of A&E
45 Discontinued	93 Sleep disorder	3 Pieces of merchandise	36 Car axle, e.g.	83 Ken and G.I. Joe, say	119 Like kings: Abbr.
48 — Moines, Iowa	95 Toss in some seasoning	4 "Tik —" (2009 #1 hit for Keshia)	37 France's Côte d'—	84 In — (unmoved)	120 Vegas cube
49 Congo River feeder	97 Plain as day	5 "Catch — You Can" (Dave Clark Five song)	38 Gymnastics great Korbut		121 "— for Alibi" (Sue Grafton book)
53 Modify formally			42 Qdoba items		122 Suffix with Ernest

## Magic Maze -

## Academy Awards Best Picture Winners

V V S Q D N K I F D A X V R T  
Q O N M J E H F C Y K C O R A  
T Y S A W U T R P N I T L J R  
H H P S M F D R B N A Z X U V  
T R E P G N Q O A I M K H I H  
F D E A B N I T D P H N Z Y W  
V T C T R R I A Q G E S O N L  
K I H T H T L W R B I D A F D  
UNFORGIVEN C G E R A  
I H D N A G Z S O G A C I H C  
X W R E K C O L T R U H E H T

Find the listed words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

Ben-Hur  
Chicago  
Crash  
Gandhi

Gigi  
Gladiator  
Patton  
Rain Man

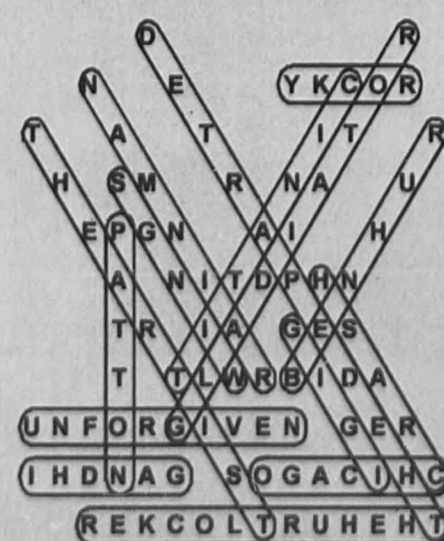
Rocky  
The Artist  
The Departed  
The Hurt Locker

Titanic  
Unforgiven  
Wings

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### Magic Solution Academy Awards Best Picture Winners

### Sudoku Solution



9	8	7	2	5	3	1	4	6
2	4	6	1	9	7	8	5	3
5	1	3	8	6	4	2	7	9
3	5	2	7	4	9	6	1	8
6	9	4	5	8	1	7	3	2
8	7	1	6	3	2	4	9	5
1	3	8	4	2	5	9	6	7
7	6	5	9	1	8	3	2	4
4	2	9	3	7	6	5	8	1



# CALENDAR

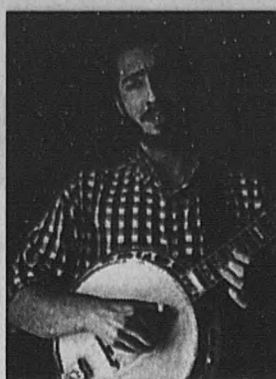
## Meet alligators and crocodiles at South Shore Natural Science Center

**WHEN:** two shows at 11 a.m. and 1 p.m. Saturday, Jan. 25.  
**WHERE:** South Shore Natural Science Center, 48 Jacobs Lane, Norwell.

**INFO:** Alligators and Crocodiles with herpetologist, Michael Ralbovsky of Rainforest Reptile Shows Learn all about these scaly reptiles. At the end of the show, you may hold an alligator – if you dare! Purchase tickets by calling 781-659-2559; \$7 members/ \$10 nonmembers. 781-659-2559 or [www.southshorenaturalsciencecenter.org](http://www.southshorenaturalsciencecenter.org).



Michael Ralbovsky



Rick Mier



Kathleen Parks

## Celtic bluegrass at Blue Moon Coffeehouse

**WHEN:** 7:30 p.m. Saturday, Jan. 25

**WHERE:** Blue Moon Coffeehouse, Channing Unitarian Universalist Church, 45 Webster St. Rockland.

**INFO:** Rick Mier and Kathleen Parks bring Celtic bluegrass to the Blue Moon Coffeehouse. Between sets there will also be an open mike. Tickets are \$7 at the door and children 12 and under are free. [www.thebluemooncoffeehouse.com](http://www.thebluemooncoffeehouse.com)

## Chase away the winter blues

**WHEN:** 7 p.m. Saturday, Jan. 25.

**WHERE:** South Shore Conservatory One Conservatory Drive, Hingham.

**INFO:** This year, the Blues goes to the Big Easy with a New Orleans theme, transforming the Conservatory's Hingham Campus into a multi-venue nightclub. Music venues feature jazz ensembles and vocalists, a piano bar, acoustic guitar, and one of Boston's best rhythm and blues dance bands. Food and libations, silent auction and raffle. Tickets at \$100 include an open bar. Special \$250 tickets include admission to the pre-event Gin Fizz Reception from 6 to 7 p.m. For tickets visit [www.sscmusic.org](http://www.sscmusic.org) or call Amy Schomp at 781-749-7565, ext. 19, or email [a.schomp@sscmusic.org](mailto:a.schomp@sscmusic.org).



At Chase Away the Winter Blues 2013, Judy Lin Lynch, Nicole Bellows, Lisa Bradl and Frances Gabriel enjoy an evening of music and friends.

## SATURDAY, JAN. 25

**Book Nook Book Sale** of used books at the Scout House, behind First Congregational Church, 1 South Main St., Randolph, from 10 a.m. to 2 p.m. 781-963-6373.

**Meet children's author Julie Freymuth** for a reading and chat about her new picture book "Norbert: What Can Little Me Do?" at 10:30 a.m. at Norwell Public Library, 64 South St., Norwell. Following the reading and discussion, meet the real Norbert. The program is suitable for children of at least preschool age (and older), accompanied by an adult. Books will be available for purchase and signing. Registration is suggested: [norwellpubliclibrary.org/Calendar](http://norwellpubliclibrary.org/Calendar).

**Actress Marcia Estabrook** portrays escaped slave Ellen Craft in a one-woman show at the James Library & Center for the Arts, 24 West St. in Norwell at 3 p.m. Estabrook assumes the personalities of the characters in this true-life story. Tickets are \$12 in advance and \$15 at the door. The hour-long program is suitable for students age 12 and older and adults. Visit [www.jameslibrary.org](http://www.jameslibrary.org) or 781-659-7100 for ticket information.

**Baked Ham Supper** with mashed potato, vegetables, beverage and dessert 6 p.m., Norwell Grange Hall, 142 Main St., Norwell. \$9 for adults, \$4.50 for children. For reservations call Rebecca McArthur 781-383-362 or Rita Joseph 508-830-1964. All are welcome.

**Rick Mier and Kathleen Parks** bring Celtic bluegrass to the Blue Moon Coffeehouse, Channing Unitarian Universalist Church, 45 Webster St. Rockland, located just beside the post office. 7:30 p.m. Between sets by Rick and Kathleen, there will also be an open mike. Tickets are \$7 at the door and children 12 and under are free. [www.thebluemooncoffeehouse.com](http://www.thebluemooncoffeehouse.com)

**Chase Away the Winter Blues** will be held from 7 p.m. to midnight at South Shore Conservatory One Conservatory Drive, Hingham. Tickets at \$100 include an open bar. Special \$250 tickets include admission to the pre-event Gin Fizz Reception from 6 to 7 p.m. For tickets or more information, visit [www.sscmusic.org](http://www.sscmusic.org) or call Amy Schomp, development program manager, at 781-749-7565, ext. 19, or email [a.schomp@sscmusic.org](mailto:a.schomp@sscmusic.org).

**Library Book-Signing with local sculptor Pam Golden** Book name: "Victorian Cat Tales: Book One - The Life and Times of Rose and Leopold" written by Catherine Golden, illustrated by sculptures created by her sister Pam Golden from 1 to 2 p.m. at Ventress Memorial Library, 15 Library Plaza, Marshfield. Free, light refreshments. Book name: "Victorian Cat Tales: Book One - The Life and Times of Rose and Leopold" written by Catherine Golden, illustrated by sculptures created by her sister Pam Golden. 781-834-5535 or [www.ventresslibrary.org](http://www.ventresslibrary.org), [www.victoriantales.com](http://www.victoriantales.com) or [www.pamgolden.com](http://www.pamgolden.com)

**RENT-School Edition** presented by Company Theatre's Teen Conservatory, Jan. 24-26. The show will be performed Friday and tonight at 8 p.m. and Sunday, at 3 p.m. Tickets priced at \$15 are available at The Company Theatre box-office at 30 Accord Park Drive in Norwell, by phone at 781-871-2787, and [www.companytheatre.com](http://www.companytheatre.com)

**Dinner theater** at the John Carver Inn & Spa, 25 Summer St., Plymouth. Buffet dinner and live show, \$59.95. Show only, \$25. See [www.john-carverinn.com](http://www.john-carverinn.com) theater or call 855-318-9749. Doors open 7 p.m. for dinner theater events. Tonight: Comedy on the Road, standup.

**3rd Left** at Tinker's Son, 707 Main St., Norwell. 8 p.m. 781-561-7361. Plymouth, 855-580-5665.

**Cherry Bomb** at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

**Thirty6Red** at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, [southshoresportsbar.com](http://southshoresportsbar.com)

**Booty Vortex Disco Lives**, C Note, 159 Nantasket Avenue, Hull, 8 p.m. 781-925-4300.

**The Bank Think** at The Snug, Hingham 116 North St., Hingham, 9:30 p.m. 781-749-9774

**DJ Skip** at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

**Elbow Room** at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, [www.britishbeer.com](http://www.britishbeer.com).

**Eric Simon** at Turners Yard, 615 Washington St., Pembroke. 9 p.m. 781-826-2532

**Slider** at All Seasons, 327 Plymouth St., Halifax. 781-293-4135

**Jimmy Peters** at Damiens, 279 Spring St., Hanson, 781-447-6556

**Undercover** at Venus III, 252 Main St., Hanson, 781-293-0000.

**Josh Gerrish** at The Tavern, 1 Proprietors Green Marshfield. 781-837-0000

**Daniel Byrnes Band** at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756, [www.britishbeer.com](http://www.britishbeer.com).

**Irish Seisiun at Lucoso's Pub** at 6 Spring Lane in Plymouth, 5:30 p.m. Free.

**Mike Garvan Band** at 8 p.m. at the WaterFire Tavern at the John Carver Inn & Spa, 25 Summer St., Plymouth.

## SUNDAY, JAN. 26

**Alligators and Crocodiles with herpetologist, Michael Ralbovsky** of Rainforest Reptile Shows at South Shore Natural Science Center, 48 Jacobs Lane, Norwell. Learn all about these scaly reptiles. At the end of the show, you may hold an alligator – if you dare! Two shows: 11 a.m. and 1 p.m. Purchase tickets by calling 781-659-2559; \$7 members/ \$10 nonmembers. [www.southshorenaturalsciencecenter.org](http://www.southshorenaturalsciencecenter.org) or 781-659-2559.

**RENT-School Edition** presented by Company Theatre's Teen Conservatory, Jan. 24-26. The show will be performed at 3 p.m. Tickets priced at \$15 are available at The Company Theatre box-office at 30 Accord Park Drive in Norwell, by phone at 781-871-2787, and [www.companytheatre.com](http://www.companytheatre.com)

**Traditional Irish Session with Skip Toomey** every Sunday from 11 a.m. to 2 p.m. at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. [thetinkerson.com](http://thetinkerson.com), 781-561-7361.

**Restoration Archaeology:** The Art and Science of Artifact Conservation and Restoration, from 2 to 4 pm at Abigail Adams Birthplace, 140 Norton St., Weymouth. Admission is \$15 per person, \$10 for AAHS members, at the door. Donations are gratefully accepted to fund the ongoing preservation of Abigail Adams Birthplace. For more information about Found Legends Restoration, visit their blog at [foundlegends.wordpress.com](http://foundlegends.wordpress.com) or email AAHS1947@yahoo.com, visit [www.abigailadamsbirthplace.com](http://www.abigailadamsbirthplace.com)

**Author Joan Wickersham** will visit Duxbury Free Library, 77 Alden St., Duxbury, at 2 p.m. The frequent Boston Globe writer will present her best-selling book, "The News From Spain." Free tickets can be reserved on [www.duxburyfreelibrary.org](http://www.duxburyfreelibrary.org) (Click on Events and scroll through the calendar). Or, you can call the library at 781-934-2721, ext. 108, or Westwinds Bookshop at 781-934-2128.

**Splash of Blues Blue Jam** from 4 to 8 p.m. at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, [southshoresportsbar.com](http://southshoresportsbar.com)

**Open mike with Bill Downes** at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. [thetinkerson.com](http://thetinkerson.com), 781-561-7361.

**Country Night** at Tinker's Son, 707 Main St., Norwell. 8 p.m. 781-561-7361.

## MONDAY, JAN. 27

**New Beginnings Singles Support Group**, Inc. for newly widowed, separated or divorced adults, meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover. Information: visit <http://nbnorwell.org/>, email at [info@nbnorwell.org](mailto:info@nbnorwell.org) or call 781-499-2659. Meetings at 391 Washington St., Hanover. New Beginnings is not a dating service. They are a singles support organization dedicated to healing, growing and learning.

**Country Line Dancing** every Monday night 7 p.m. at Venus II, Brant Rock, Marshfield.

**Abington photographer Rita Dennehy** will be displaying her works as part of the Art in the Rotunda series at Rockland Memorial Library, Belmont St., Rockland through Feb. 22. The gallery is open during regular library hours: Monday, Tuesday and Wednesday from 9:30 a.m. to 8 p.m.; and Thursday, Friday and Saturday from 9:30 a.m. to 5 p.m.

**Johnny Chebator**, 9 p.m. every Monday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

**Texas Hold'em** at Black Raspberry, free Texas Hold'em with the Northern Poker League at Black Raspberry Pub, 36 Cordage Park Circle, Plymouth, 508-830-0022.

**Karaoke** with Jeff Baker at 9 p.m. at Sam Diego's, 51 Main St., Plymouth, 508-747-0048.

**Tuned-in**, a networking event for musicians and music industry professionals, at The Tinker's Son, 707 Main St., Norwell, 7 to 9 p.m. [thetinkerson.com](http://thetinkerson.com), 781-561-7361.

## HOW TO SUBMIT

Planning an event? Send your event information by email to [scalendar@wickedlocal.com](mailto:scalendar@wickedlocal.com) or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.

## TUESDAY, JAN. 28

**Tuesday night travel lecture on Guernsey and Channel Islands** hosted by the Ventress Library Cultural Series through Marshfield Lifelong Learning from 6 to 7:30 p.m. This lecture corresponds with the Ventress Library Classic Book Group's reading choice for January - "Guernsey Literary and Potato Peel Society," which meets at the library. New members welcome. 15 Library Plaza, Marshfield. Free and open to the public. No registration is required. 781-834-5535 or [www.ventresslibrary.org](http://www.ventresslibrary.org)

**Open mike** at The Tinker's Son, 707 Main St., Norwell, 9 p.m. [thetinkerson.com](http://thetinkerson.com), 781-561-7361.

**Jazz at Martini's**, Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. Kenny Wenzel plays trombone and flute; drummer is Gene Roma. Call 774-773-9782 or visit [www.martinisplymouth.com](http://www.martinisplymouth.com) for information.

**Wicked Trivia** with DJ Dave 7:30-9:30 p.m. at British Beer Company, 2294 State Road, Plymouth (Cedarville), 508-888-9756, [www.britishbeer.com](http://www.britishbeer.com).

**Wicked Trivia** with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

**Steve Mazzetta** will perform at British Beer Company, 6 Middle St., Plymouth, 508-747-1776, [www.britishbeer.com](http://www.britishbeer.com).

**Karaoke** at 8 p.m. every Tuesday at Shanty Rose, 16 Town Wharf, Plymouth, 508-746-7673.

## WEDNESDAY, JAN. 29

**Water Watch Lecture Series** every Wednesday. Tonight: A Bird's Eye View: the State of Birds in Massachusetts with Joan Walsh of Mass Audubon, 7 p.m. at South Shore Natural Science Center, 49 Jacobs Lane, Norwell. Free and open to the public. [www.nsrwa.org](http://www.nsrwa.org)

**The Session** at Tinker's Son, 707 Main St., Norwell. 7 p.m. every Wednesday 781-561-7361.

**Country Night with DJ Cowboy**, free line dance lessons from 7 to 9 p.m. every Wednesday at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, [southshoresportsbar.com](http://southshoresportsbar.com)

**Team Trivia** at 7 p.m. every Wednesday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

**Karaoke** night at the Black Raspberry Pub, 9 p.m., 36 Cordage Park Circle, Plymouth.

**Aldous Collins Band** at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit [www.britishbeer.com](http://www.britishbeer.com).

## THURSDAY, JAN. 30

**Pastel artist Gregory John Malchack's** all-new workshop: "Sublime Sunflowers: How to Pastel Paint Like the Masters," hosted by Ventress Memorial Library, Library Plaza, Marshfield from 5:30 to 7:30 pm. This pastel painting workshop serves sheer beginners to advanced adult artists and is free and open to the public. Seats fill quickly, so call 781-834-5535 to pre-register. The class is limited to 20 students. Materials are provided.

**Christine Hurley** will be the special Master of Ceremonies for the annual Plymouth North Booster Club Comedy Night, at 7:30 p.m. at Cabby Shack, 30 Town Wharf, Plymouth. The "Ladies Night Out" will feature the comedy of Hurley and local comedians Patti Ross and Laurie Kelleher. Doors open at 6:30 p.m. and the show begins at 7:30. Tickets are \$20 per person and must be pre-purchased. Proceeds from the ticket sales will benefit Plymouth North Unified Booster Club Scholarships. For more information and to purchase tickets, contact Kristen Payton (508-317-7846 or [kesp5@yahoo.com](mailto:kesp5@yahoo.com)) or Missy Prifti (781-389-3135 or [missyprifti@comcast.net](mailto:missyprifti@comcast.net)).

**Mark Duane** at Tinker's Son, 707 Main St., Norwell. 8 p.m. 781-561-7361.

**The Travis Colby Band** at 8 p.m. Open mike at 9 p.m. Free pizza at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

**Irish Music** and more, the Lucky Seven's open seisiun at the Kingsbury Club Pub, 186 Summer

St., Kingston, 7-10 p.m. every Thursday. All welcome; come listen, sing, play, enjoy. For more information, call Bill Underhill, 781-585-1042.

**Hingham Cabaret**, Hingham Armory, 96 Central St., Hingham. This year's theme is "52 Weeks of Fun" Tickets are available at the Community Center weekdays from 9 a.m. to 4 p.m. and evening from 7 to 8:30 p.m. Prices are \$15 for senior citizens for Thursday night's production, \$20 for general admission on Thursday. The Thursday night show begins at 7 p.m. The Community Center has partnered with Linden Ponds and Hingham Savings to assist in parking by offering a shuttle from the Hingham Savings lot behind 55 Main St., up Central Street to the Armory, up to the Town Hall and back down Main Street. The shuttle will run one hour before the show and again at the conclusion of the show.

**Blues Invitational with Ed Scheer with Chris Stovall Brown and Sax Gordon** at Turners Yard, 615 Washington St., Pembroke. 8:30 p.m. 781-826-2532.

**Mark T. Small** performs at 7 p.m. every Thursday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

**Mark Purcell** performs at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776, [www.britishbeer.com](http://www.britishbeer.com).

## FRIDAY, JAN. 31

**Andrew Botteri** will play acoustic music of the 1960s through 1980s to current, mixed with originals, from 6:30 to 9:30 p.m. at Pilgrim Sands Motel/Sand Castle, 150 Warren Ave., Plymouth.

**Meet past Boston Bruin player Chris Nilan** when he signs his new book, "Fighting Back" from 6 to 8 p.m. at Barnes & Noble, Derby Street Shoppes, 96 Derby St., Hingham. Free and open to the public.

**Bart Weisman Smooth Jazz Group** at 8 p.m. at the WaterFire Tavern at the John Carver Inn & Spa, 25 Summer St., Plymouth, 855-580-5665.

**Karaoke Night** every Friday at 8 p.m. at American Legion Post 40, 199 Federal Furnace Road, Plymouth, open to the public. Call 508-746-0009 for details.

**Hingham Cabaret**, Hingham Armory, 96 Central St., Hingham. This year's theme is "52 Weeks of Fun" Tickets are available at the Community Center weekdays from 9 a.m. to 4 p.m. and evening from 7 to 8:30 p.m. The Friday and Saturday night show begins at 8 p.m. and all tickets prices are \$25. The Community Center has partnered with Linden Ponds and Hingham Savings to assist in parking by offering a shuttle from the Hingham Savings lot behind 55 Main St., up Central Street to the Armory, up to the Town Hall and back down Main Street. The shuttle will run one hour before the show and again at the conclusion of the show.

**DJ LadyZ** at Players Sports Bar, 86 VFW Drive, Rockland. 781-681-9999, [southshoresportsbar.com](http://southshoresportsbar.com)

**Party Girl** at Venus III, 252 Main St., Hanson, 781-293-0000.

**Fun With Hands** at Damiens, 279 Spring St., Hanson, 781-447-6556.

**Shindig** at Tinker's Son, 707 Main St., Norwell. 9 p.m. 781-561-7361.

**Don Hammontree** at Turners Yard, 615 Washington St., Pembroke. 8:30 p.m. 781-826-2532.

**Special Heavy Metal Show**, C Note, 159 Nantasket Avenue, Hull, 8 p.m. 781-925-4300.

**Nate Watkins** at The Snug, Hingham 116 North St., Hingham, 9:30 p.m. 781-749-9774

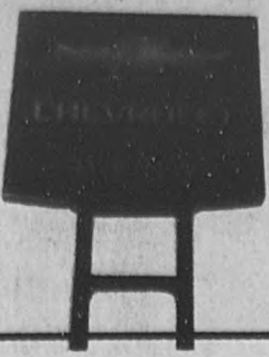
**Dog House All stars** featuring Ed Scheer on drums and vocals and Chris Stovall Brown on guitar at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

**Sara Leketa and The Problematic** at British Beer Company, 2294 State Road, Cedarville, 508-888-9756, [www.britishbeer.com](http://www.britishbeer.com).

**Crunchy Monkey** at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, [www.britishbeer.com](http://www.britishbeer.com).

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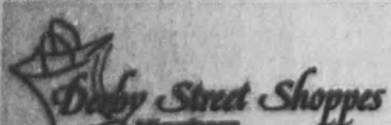
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